

# Heart & Hands

CONNECTION



1765 GOODYEAR AVENUE, STE #205 • VENTURA, CA 93003-8015

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## Seniors Enjoy Matinee at Ventura's Rubicon Theatre

More than 75 seniors, volunteers and friends of CAREGIVERS joined Port of Hueneme President Jason Hodge and California Assembly-woman Emeritus Fiona Ma for a dress rehearsal of ROBERT E. LEE *Shades of Gray*, which opened at the Rubicon Theatre last September.

Jason and Fiona have a special fondness for the challenges seniors face, and they were pleased to have the opportunity to host an outing for homebound seniors and their volunteer caregivers. "Seniors are one of the vulnerable populations in our communities that don't get enough attention," Fiona said. "By working together with a wonderful community theater like the Rubicon, it's a delight to see homebound seniors venture out of the house for entertainment as opposed to a doctor's appointment."

Volunteer Liz Galvan escorted Mary Glasgow who had not been to the theatre in close to three decades. Mary said she really enjoyed the matinee and the chance to spend the afternoon with a nice volunteer like Liz.



*Liz Galvan and Mary Glasgow enjoying the show.*

*SENIORS ENJOY MATINEE continued on page 7*

## CAREGIVERS 30th Anniversary Kicks Off in January 2014



Two Thousand Fourteen marks 30 years of CAREGIVERS in Ventura County, and the art community is rallying around the organization to raise awareness and support for homebound seniors who benefit from the gesture of simple neighborly deeds.

An art exhibition and reception is scheduled for every month in 2014, starting with a kick-off by the Ventura County Arts Council at the Government Center on Friday evening, Jan. 31.

"No one to my knowledge has ever attempted a county-wide project like this," said Todd Collart, president of the Ventura County Arts Council. "I can't think of a more compelling way to start a conversation about seniors, aging and caregiving than to have our perceptions challenged by the interpretations of our local artists."

In early January, CAREGIVERS will release a passport to the year-long series, "A Wrinkle

*30TH ANNIVERSARY continued on page 7*

# ...Message from the Chairman

Expanding the CAREGIVERS circle of support has been a high priority for both our Executive Director Tammy Glenn and our Board of Directors. We're going to name names in a minute, but I want to start by saying thank you to one very special friend: Anonymous!

Thank you, **Anonymous**, the \$5,000 surprise check from your Donor Advised Fund arrived just in time to count as part of our last Fiscal Year's Annual Fund. You made our day! We hope you'll consider making this gift a regular part of your philanthropy.

**Do you know that if everyone in our database gave at least \$100, we would cover our budget with strategic funds for the future? It's just a thought.**



Jason Hodge and Fiona Ma

Port of Hueneme President **Jason Hodge** and California Assemblywoman Emeritus **Fiona Ma** also have joined our CAREGIVERS circle. They hosted a very successful matinee "Saluting Our Seniors" in September at the Rubicon Theatre Company, also thanks to Artistic Directors **Jim O'Neill** and **Karyl Lynn Burns** who worked with us to make this event possible.

**Lynn Jacobs**, founder and president of Ventura Affordable Homes, has become a wonderful champion for CAREGIVERS, too. She is always keeping her eye out for opportunities and we appreciate her advocacy so much.



Gail Field

While I'm singing the praises of our friends, I have to acknowledge some folks who have helped pave the way for CAREGIVERS' 30th Anniversary, starting with the newest member of our Board of Directors, Ms. **Gail Field**. Gail comes to us after a 30-year career as the Human Resources Manager for WellPoint, Inc. and her experience helps to inform us as to the staffing requirements we need to explore as CAREGIVERS looks to serve a growing senior population in the years to come.

As we embark on the next 30 years, we also acknowledge that we stand on the shoulders of giants. Thanks to the continuing support of **Howard Boroughs**, **Larry Bushey**, **Virginia A. Camarillo**, **Jack Collings**, **Andy Killion**, **Shane Morger**, **Judy Thiele**, **Jack Tingstrom**, **Hon. Harry Walsh**, **Norm Weitzel**, **Keith York** and **John Zaruka**, CAREGIVERS has not only sustained itself for 30 years, the organization is poised to grow and meet the needs of hundreds of seniors across Ventura County. Collectively, they have donated thousands of hours and thousands of dollars toward CAREGIVERS' mission. In appreciation and celebration of those contributions, we welcomed each of these special folks as Honorary Board Members this summer at an Ice Cream Social hosted by Donor and Friend **Berta Steele**.

Please join us with an open heart and open arms in thanking our good friends for their continuing support. We always have a seat at the table for you too, so please don't hesitate to join us. Just give us your name!

Bob Knudsen, *Chairman of the Board* ♥

## CAREGIVERS "Healthy Strides"

Join up with other CAREGIVERS volunteers while staying fit and active!

**November 24th**  
**ALOHA TURKEY**  
**ROUNDUP**  
**4k in Ventura**



New events will be announced soon!

Visit [www.vccaregivers.org/connect](http://www.vccaregivers.org/connect) for details on how to register and receive your free CAREGIVERS hat to wear on race days!

## Coffee@CAREGIVERS

will resume in January!  
Instead, join us for a Cookie Exchange on Dec. 12!



## Sugar Cookies & Gingerbread & Chocolate Crinkles, OH MY!

Join us for CAREGIVERS' first annual

## Cookie Exchange



Thursday, December 12  
at 11 a.m.



Bring 2 dozen of your favorite homemade cookies to share and trade!

A portion of the cookies will be used for Senior Holiday Packages.

CAREGIVERS Office • (805) 658-8530  
1765 Goodyear Avenue, Suite 205 • Ventura, CA 93003

## Shopping for the holidays?



Bring your list to  
**Bank of Books**  
4-7pm  
Dec. 12, 2013

**30%** of sales to support CAREGIVERS

**Bank of Books**  
748 E. Main Street  
Ventura, CA 93003

# Volunteers connect at



CSUCI professor, Dr. Tracylee Clarke, & Emma Boudreaux

CSUCI Communications Senior Emma Boudreaux spent the spring 2013 semester developing new programs to recruit and retain volunteers for CAREGIVERS, including Healthy Strides, Volunteer Recruiters and Volunteer Coordinators.

Working with several long-time and dedicated CAREGIVERS volunteers, Emma supported the development of several new projects. For up-to-date information on volunteer activities, visit the CAREGIVERS website at: [www.vccaregivers.org/connect](http://www.vccaregivers.org/connect)

## Volunteer Recruiters

In May, CAREGIVERS premiered its first radio PSA, written and produced by Volunteer **Gary Best** with the help of **Tim Frantz**, owner and producer at Mountain Dog Musicworks Recording Studio in Oak View, CA. The 30- and 60-second spots have been running on some of Ventura's local stations, and have resulted in several inquiries to CAREGIVERS.



Tim Frantz



Gary Best



Volunteer Recruiter  
Letty Reynoso

**Leticia Reynoso, Chuck Engle and Sally Reynolds** are taking a more direct approach. Emma Boudreaux helped to develop talking points that can be used for presentations at local civic groups as well as at senior fairs. A "To Go" Box is pre-packed with literature, a tablecloth, and a sign up sheet for prospective individuals who are interested

in becoming a volunteer. "Having the volunteers step up to work the fairs is so beneficial," said Program Manager **Courtney Darrough**. "Who better to talk about what it means to volunteer than the people who are in the trenches! Plus, this takes a load off the staff, allowing us to focus more of our attention on the seniors who need it most."



Volunteer Recruiter  
Sally Reynolds



## Healthy Strides

Volunteer **Janine Pizano** helped to launch CAREGIVERS' Healthy Strides Program by identifying a series of 5K run/walk events in which volunteers could participate. In 2013, CAREGIVERS staff and volunteers will have walked 25 kilometers toward better health. "We had a great time walking the Oxnard Salsa Dash," said Volunteer Carole MacNaughton. "One group on the sidelines even recognized our purple hats and called out 'There goes CAREGIVERS!'"

## Phone Friends

In other news, Phone Friend volunteers continue to gain interest from both seniors and volunteers. "The seniors are turning out to be the best volunteers," said Program Coordinator George Harrell. "Most of our seniors love to talk on the phone, and they have the time to give without having to stress over transportation or availability." George said Phone Friends who volunteer to make calls take on anywhere from 3-30 seniors per month, and they are matched with similar criteria that CAREGIVERS uses to match each one-on-one relationship. "Some nice friendships have really developed among our Phone Friends," he said.



Phone Friend  
Charlie Shuman

## Volunteer Coordinators

"Taking the lead from CAREGIVERS past, we are re-introducing volunteer coordinators," said Executive Director Tammy Glenn. With more than 300 volunteers in the system, CAREGIVERS wants to ensure a robust communication as often as possible. "We are in the process of identifying volunteers who will check in with other volunteers to collect hours, ensure the needs of the seniors are being met, and extend invitations to upcoming events," Tammy said. "It's a simple and important quality control check." ♥

# SAILATHON

## You Can't Catch Me!

The Ugly Fish returned to Ventura and Channel Islands Harbors once again this year, when approximately 16 sailors set out to catch a glimpse in Pierpont Bay during the October 13 SAILATHON. Hosted by **Pierpont Bay and Anacapa Yacht Clubs**, the members fiercely competed for the coveted Ugly Fish Award. Yet again, **PBYC** members swept the competition with **AYC** members vying to come back next year with a vengeance!

CAREGIVERS also received generous support from the **Crowne Plaza's C-Street Café** and **Yolanda's Mexican Café** that served Ugly Fish Signature Dishes throughout the months of September and October. Artist **David Schwartz** presented **ARTZ Against All Odds**, an en pleine aire painting event that generated quite a bit of interest at the end of Ventura Pier and added to the CAREGIVERS coffers during the afternoon reception. CAREGIVERS' own **Marketa Pospechova** also donated her artwork to the auction.

Ugly Fish™   
Kissing Booth!



PBYC's 2013  
Winning Team



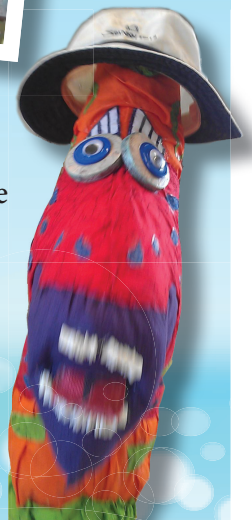
Christina Williams and Marketa Pospechova



Artist David SchwARTZ

Special thanks to **Brophy Bros. Restaurant & Clam Bar** (The oyster shooters were a huge hit!) and **Hishmeh Enterprises/Domino's Pizza** (not a slice was leftover!).

Co-Chairs **Randy Alcorn** and **Richard Countess** have already started to work on next year's event. Interested skippers are invited to come aboard!



# 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 April 1, 2013 through Oct. 15, 2013.

## INDIVIDUAL DONORS \$5000+

Anonymous	Kaiser Foundation Hospitals
Augie Martinez	Larry Bushey
Carrie Estelle Doheny Foundation	Smith Foundation
Harriet H. Samuelsson Foundation	Ventura County Homecare Association

## HEART & HANDS CAMPAIGN

Dorothy Schupbach	Augie Martinez
Lauri Barcelona	Edward Rose

## IN HONOR OF...

Betty Jackson • *In honor of Tina Current*  
 Mary Francis Mead • *In honor of Chris Galalich*  
 Kerry Johnson • *In honor of my mother*  
 Virginia Kitko • *In honor of Ellen Pearson and Mary Jo Davy*  
 Ginny Camarillo • *In honor of Berta Steele*

## IN MEMORY OF...

Pamela Serio • *In memory of her father, James Serio*  
 Barbara Maitland • *In memory of Jackie Maitland*  
 Barbara Meister • *In memory of Larry Meister*  
 Richard Calzada • *In memory of Doloris Carn*  
 Gerald D. Weiner • *In memory of James Okamoto*  
 Edwin Jones, Jr. • *In memory of our parents*  
 Susan Sher • *In memory of Beatrice R. Sher, RN*  
 Irene Level • *In memory of Howard Level. Husband of 60 years*  
 Henry Gervais • *In memory of Helena Gervais*  
 Norma Fulkerson • *In memory of Hal Fulkerson*  
 Frank Anderson • *In memory of Herman & Gertrude Becker*

## SAILATHON 2013

Island Packers	Daniel Reid	Dr. Ze'ev Ran-Noy
Channel Islands Maritime Museum	Lynn & Norm Weitzel	Melissa J. Phelan
The Refill Shoppe	Donald Singer	Joe Dilbeck
Eric Ericsson's	Andy Killion	Cinda Beem
Brophy Brothers Restaurant & Clam Bar	David G. Chase	Danna Lomax
Transcendence Wineries	Randall Alcorn	Brian Wilkins
Ullman Sails Ventura	Jeff Olmstead	Susan Powers
New West Symphony	Susan & Richard Countess	Karen Berry
Wheel Fun Rentals	Michael Stuzane	Heather Carr
Tipps Thai Cuisine	Pamela Yerger	Nicole Bassin
Trader Joe's	Marilyn E. Usher	Kelly Hatton
Doggin' Around	Karen H. Courington	Norm Hudson
Museum of Ventura County	Barry Modell	Cindy Balluch
Angeldust Studios	Lyle J. Schlyer	David Boatner
Pierpont Bay Yacht Club	Albert Isenberg	Gary Charles Goodman
George Thompson Diamonds	Janet Dart	Bobbi Balderman
Sweet Peas Flowers & Gifts	Sarah Friefeld	Lannie T. Legler
Tina O'Brien Gallery	Joe Vetrano	Jeremy Grewal
Ventura Swimwear	Jamie Clark	Jerry Roth
Rhumb Line Restaurant	Hall Stratton	Dominic Cortese
ARTZworks	Robert Skaar	Don Olson
Hishmeh Enterprises	Chuck Braffett	Spring Dehaviland
Rabobank	Brad Barnes	Judy Mikovits
Gary Charles Goodman	Douglas Fajardo	Christina L. Williams
Bob Shirley	Mark W. Abbe	Joanne S. Tague
Virginia Camarillo	Elizabeth Russotti	Cynthia Wilson
H.S. Anderson	Susan Bryson-Edgar	Evelyn Anderson
	Paul Guthrie	Patricia Castanon
	Mark R. Gerry	Chuck Braffett

## IN MEMORY OF OUR SENIORS...

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

Austin Bissonnette	John Northrop
Martha Buckley	Valerie Peake
Alissa Dunshee	Gloria Pratt
Henry Gervais	Joan Reynolds
Phyllis Kozel	Suleyman Sir
Mildred MiMi Krohn	Virgil Stinson
Chris Martinez	Fred Sullivan
Curt McKenna	Ellamae "Meg" Towers
Pamela Moore	

## CORPORATIONS, FOUNDATIONS & LOCAL GOVERNMENT

SCAN / Senior Resource Center	Fidelity Charitable Gift Fund
Livingston Memorial Foundation	Kaiser Foundation Hospitals
Saalex Solutions, Inc.	Cronie's Sports Grill
Meister Family Foundation	Altria Client Services Inc.
Mimiaga Engineering Group	Soroptimist International of Ventura
Wadeco Management	Gene Haas Foundation
United Way California Capital Region	Limoneira
MediTech Health Services, Inc.	Carrie Estelle Doheny Foundation
SeaView IPA	Wasserberg Family Trust
AT&T United Way/Employee Giving Campaign	WellPoint Foundation
Gold Coast Broadcasting	Truist United eWay
The Amgen Foundation	Harriet H. Samuelsson Foundation
Sandhill Management, Inc. / Harborview	United Way of Ventura County

## COMMUNITY & RELIGIOUS ORGANIZATIONS

Trinity Lutheran Church	First United Methodist Church of Ventura
Sisters of the Holy Cross	

## GIFT IN-KIND CORPORATION/FOUNDATION/GOV'T

Mail Manager, Inc.	Executive Limousine & Coach Service
NYNE	Hampton Inn, Channel Islands Harbor
Herzog Wine Cellars	

## IN HONOR OF HOWARD BOROUGH'S 100TH BIRTHDAY

Marilyn Melzak	Irving Wasserberg
Amber Landis-Stover	Martha H. Keates
Monroe Kaplan	Helen M. Yunker
Micheline Sakharoff	William Kearney
Mary J. Wallace	Jordan Laby
Barbara Meister	Robert H. Noville
Claire Melton	Mr. & Mrs. Bob Knudsen
Garold L. Faber	Cynthia Loughman
Kathy Cameron	Michael Merewether
Debbie Boross	James E. Gordy
Mr. & Mrs. Mel Sheeler	Christina M. Burck
Susan Lane Stalbird	Tammy I. Glenn & David SchwARTZ

**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 its donor list with any other organization.

## ...Message from the Executive Director

Imagine having the foresight in the early 80's that the Sisters of St. Joseph of Carondelet had when they proposed the idea of volunteer caregiving. Thanks to funding from the Robert Wood Johnson Foundation, Ventura County became one of 25 pilot sites around the country. Only about half survived.

This coming year, 2014, celebrates 30 years of service to one of the largest and oldest senior populations in the United States. We embark on 30 years with a strong foundation, rooted in faith-based values and staying true to our original mission and vision.

The idea then and now is simple: to introduce a senior to a neighborhood volunteer who will help out two to four hours a week with simple deeds. Some of our CAREGIVER matches have dated back 20 years! That's more than a volunteer friend, that's "family." With less than 4 percent of our budget coming from tax dollars, we support more than 800 seniors and volunteers in six cities.

In the last two years, we've streamlined our program and we are continuing to integrate more and more volunteers to ensure stronger communication and better quality of service.

Thanks to a growing network of support, we've seen continuing contributions from the private foundations that have been our mainstay for many years. With a little help from our friends, we've also witnessed a marked increase in support from the corporate community and from individual donors.

Not unlike the Sisters of St. Joseph 30 years ago, these are the friends in our community who have the foresight we will come to appreciate 30 years from now when the senior population in our county doubles from 150,000 to 300,000. Please join us in being a memorable part of that legacy.

Tammy I. Glenn, M.B.A.  
Executive Director ♥

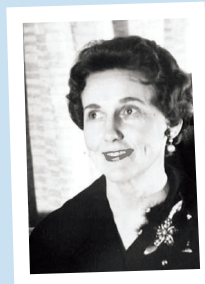
## VCHA Thank You

The Ventura County Home Care Association's "Feed the Need" Golf Tournament raised \$5,000 for CAREGIVERS and Senior Concerns on August 29, 2013 at the Moorpark Country Club. ♥



Representing CAREGIVERS (l-r): Larry Bushey, Brian Fisher from the Walking Company, Laura Robinson, and Mel Sheeler.

## In Memory of Meg Towers



Dear CAREGIVERS, words cannot express our heartfelt thanks for all the care and love you showered on my mother, Meg Towers. She was fortunate indeed for all you did for her. Keith [York] became a special friend as well as George [Harrell] and all the students that came and worked. Thank you so much for all you did and for all you continue to do for others.

Most sincerely, Judy ♥

## Our Condolences

To the family of former CAREGIVERS' Staffer  
Nanci Cone, 1948-2013

Join Ralphs Community Contribution Program  
& earn money for CAREGIVERS while you shop!



Every time you swipe your Ralphs Rewards Card, Ralphs will donate a percentage of your total purchase to CAREGIVERS!

It's that simple... Please register now!

# Building Bridges Alumni Return to Volunteer

This summer marked a new milestone for the Building Bridges Program when six former high school students returned to volunteer with CAREGIVERS.

**Skylar Johnson** (UC Davis), **Brandi Ruscher** (UC Santa Cruz), **Madeya Talmadge** (Seattle Pacific), and **Jesse Sherwood** (U of Washington) were all members of the Ventura High School Key Club and served as student volunteers until they graduated in 2012. Each is now pursuing a bachelor's degree at four-year universities from Seattle to Santa Cruz, but they took time out at the end of Labor Day weekend to help usher for the volunteers and seniors who attended the matinee performance of ROBERT E. LEE *Shades of Gray* at the Rubicon Theatre on September 4. "I was so happy to see these kids show up on holiday breaks and offer to help," said Program Coordinator George Harrell.



George with Madeya, Sky, Brandi, and Jesse

"They loved serving the seniors when they were in high school and it's great to know the experience is making a lasting impression."

**Dallas Woodburn**, now a graduate of USC and Purdue, first participated in the Building Bridges Intergenerational Program as a student at Ventura High School. Dallas signed up to serve as a senior volunteer earlier this summer, assisting with transportation. While CSU Channel Islands Sophomore **Hayden McPherson** wasn't quite ready to volunteer one-on-one with a senior, he did share some valuable time by volunteering in the office over the summer. Hayden helped to organize files and materials for the numerous partner programs that serve our seniors.



Hayden McPherson volunteered with the Building Bridges Program starting in 2008 when he was a student at Foothill Technology High School.

"It's a real testimony to the success of the Building Bridges Intergenerational Program when we see former students return," said CAREGIVERS Board Member Laura Robinson, who chairs the scholarship committee. "This is one of the best investments we make in our community, and we can see that it's a gift that keeps on giving!" ♡

## Working Together in the Community



Summer camp students from Chabad of Oxnard's Smile on Seniors Program spent the afternoon "Building Bridges" with student volunteer coordinator George Harrell at Senior Pat Horn's house one afternoon in July. The students paid a friendly visit to clean up around the yard and water plants. ♡

### SENIORS ENJOY MATINEE *continued from page 1*

The one-man show, ROBERT E. LEE *Shades of Gray*, was written by and starred Tom Dugan to explore one of American history's most enigmatic figures. The show begins just moments before his fateful meeting with General Ulysses S. Grant on April 9, 1865, which triggered the end of the American Civil War. Dugan is a veteran performer and recipient of the 2011 Los Angeles Drama Critics Circle Award-Winner for Best Solo Performance. ♡

### 30TH ANNIVERSARY *continued from page 1*

**in Time: Celebrating the Joys, Struggles, Triumphs and Legacies of Seniors in Ventura County."**

Patrons are encouraged to keep their passport and have it stamped at each exhibit throughout the year. "We hope to offer a special gift to the art patron who has attended a majority of the exhibitions and receptions," Executive Director Tammy Glenn said, adding that we are finalizing gifts and sponsorships from local business community in early December. ♡

**GOT CAR? WE NEED DRIVERS!** *Thanks to our Volunteers who drive 485,028 miles per year.*  
CALL (805) 658-8530 *Charitable mileage can be claimed on your taxes at 14 cents per mile!*



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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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Karen Jensen, R.N., Ph.D.  
Anna Kittleson  
Cecilia Macias  
Laura Robinson  
Mel Sheeler

### Our Teammates Count!



*Christina Challey*

*Christina Challey,  
Corporate & Foundation  
Relations, helps to raise  
donations while  
Lauri Barcelona,  
Barcelona Bookkeeping,  
helps to count them!*



*Lauri Barcelona*

### HONORARY BOARD MEMBERS

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Tammy I. Glenn, M.B.A.  
*Executive Director*  
Courtney M. Darrough  
*Program Manager*  
George Harrell  
*Building Bridges Coordinator*  
Meredith Buttler  
*Administrative Assistant*  
Marketa Pospechova  
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Christina Challey  
*Corporate & Foundation Relations*  
Lauri Barcelona  
*Barcelona Bookkeeping*

**CAREGIVERS** is one of the original pilot programs for volunteer caregiving — in the nation! Founded in 1984, the Sisters of St. Joseph of Carondelet collaborated 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.