

# CAREGIVERS

The Buenaventura INTERFAITH Volunteer Program

December 1989

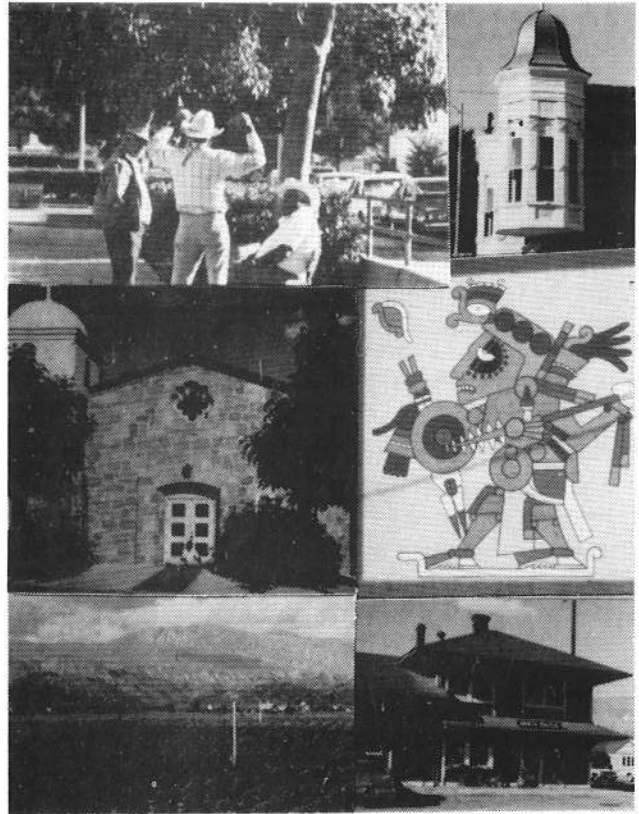
Volume 6 Number 3

## CAREGIVERS BEGIN IN SANTA PAULA!

Thanks to expanded funding from the Area Agency on Aging the Buenaventura Interfaith Caregivers are launched in Santa Paula. The acceptance and support of our ministry is truly INTERFAITH. We have had immediate support of many church congregations and religious groups. The pastors in the Santa Paula Ministerial Association have been most generous in helping us to get information to their members who are persons needing and desiring our volunteer services. Many church and community members are volunteering to serve as volunteers. The Santa Paula Daily Chronicle has provided much needed publicity. OUR MINISTRY HAS BEEN MADE TO FEEL WELCOME, NEEDED, SUPPORTED AND ENCOURAGED.

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*Sights of Santa Paula*

Santa Paula has a very high percentage of elderly—many without any family to meet their needs. It is our prayer that we will continue to grow and flourish in meeting the needs of many elderly who might otherwise remain invisible and without care.

Thanks go to the Board of Directors, the staff and all who prayerfully and financially support the works of the Buenaventura Interfaith Volunteer Caregivers.

Glenda Anlauf Hendrick  
Associate Director for Santa Paula

## Notes From The Director

### Anticipation

Anticipation: You know, Sister, I have seven children. Six are out of state or in another city. Only one lives nearby. They are so busy, I hesitate to ask for help. My daughter here does all she can. I usually see her about every two months but she tries to phone in-between. I really wait for her call. For the others, it has been over 6 months since I heard from them. I took care of seven but it seems hard for seven to take care of one.

Anticipation: You know, honey, I try to cultivate at least one new friend each year. At the rate all of them are passing away, I seem to be falling behind — maybe I need to think about making that two new friends from now on!

Anticipation: It's the pits! This "old age stuff", it's just the pits! Here we are in our eighties, never had any children, guess we were too involved in our careers and time caught up with us. Now who is there for us?

These are just three stories I experienced within the last few weeks. They are different faces of ANTICIPATION. Anticipation can cause anxiousness, stress, apprehension or suspense. During this beautiful holiday season as we prepare for the coming of Christ, we are reminded of simplicity, a deep peace, and time together with those we love. It is a moment we look forward to with expectation and hope. This also is ANTICIPATION — a time of opportunity and fulfillment.

Anticipation: I am again reminded of another quiet gentleman who said to me, "I wouldn't trade my 92 years for anything. Now I really live each moment whereas when I was younger, I just anticipated living."

### New Blessings

Since our last newsletter, we have been blessed with many new helpers. In the office, Virginia Jefferson helps with the many daily routines necessary to keep an office functioning well. Rose Berg has joined us from Trinity Lutheran Church as a coordinator.



Virginia Jefferson

Our volunteers from Santa

Paula include Bernard Keefe, Susan Perez, Carolyn Tulberg, Richard and Kathryn Ferrier and family, Valerie Lagesse, Carolyn Luftenburg and Karlyne Johnson. From Ventura we welcome Nancy Tate, Phyllis Oman, Paul Burke, Alice Romero, John Wilson, Juanita Taylor, Margaret Donaldson, Gloria Blacksom, Meredith Solano, Carol Eiland, Mavis Tracy, Vi Ryder, Caroline Reimbold, Maria Pontrelli and two Ventura High School seniors who work as a team, Crystal Davidson and Donna Laughlin. These are the people who make the difference. Welcome and thank you!

## Glenda - the Leaven in Santa Paula!

"WANTED - names of persons in the Santa Paula area who have need of Caregiver-type services!"

Glenda Hendrick, new associate director for Caregivers in Santa Paula, didn't exactly run that ad, but she **IS** recruiting. You guessed it, Caregivers has expanded to Santa Paula. Glenda says response to her efforts to sign up volunteer caregivers has been super, but "we need to locate the hidden elderly out there who could use our help," she explained. Hendrick, a native of Santa Paula notes that her new role as associate director for Santa Paula fits right in with her past experience with seniors. This includes serving as lay administrator for St. Joseph's skilled nursing facility in Ojai. She and her husband, Jerry "feel lucky that our own folks are living, and we know what it's like for seniors who need help."



Glenda Hendrick

Hendrick plans to locate persons who need to be served especially through continuing to work with churches and other groups. Publicity from local newspapers will also help with our services. "Our efforts have been well received, so far," she said, and continuing, "An elderly person needn't be penniless to seek our help. Also, we want the public to know that respite care is an important part of what we do."

Ann Stockdill

# TO OUR GENEROUS DONORS, WE SAY THANK YOU

June 1, 1989 - November 7, 1989

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## With Special Thanks

Anonymous  
Harry G. Banks  
Claude & Mildred Coffman  
Richard & Nancy Francis  
Dorothea Gimblett  
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Sacred Heart Church  
San Buenaventura Mission  
Mildred K. Snowden  
Sorooptimist International  
Trinity Lutheran Church  
Mr. & Mrs. Fredrick Ullam  
Melba Vanoni

## MEMORIALS

Lida Parker  
by  
Anonymous

Chris Appel  
by  
Mary Donohue

Edna  
by  
Peter and Diane Dowler

Chris Appel  
by  
Mr. & Mrs. Al Engel

Dr. Fred A. Shore  
by  
Gus A. Ferber

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by  
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Nellie Brown  
by  
Mary Hoffman

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Mr. & Mrs. Robert Holloway (Anniversary)  
by

Mr. & Mrs. Martin

Harry & Lena  
by  
Sophie Mason

Bill Putnam  
by  
Mr. & Mrs. Wayne McL

Continued on Page 4

## Memorials cont.

*Albertine Hicks*  
by  
*Betty Patterson*

*Bob Richards*  
*Luther Johnson*  
*Rose Lozano*  
by  
*Ben & Kay Peterson*

*Louis Basso*  
by  
*John & Trudy Real*

*Eána T. Cooney*  
by  
*M. H. Robertson*

## Recently Deceased

*Harry Dunivan*  
*Emma Bonbright (former vol)*  
*Nellie Brown*  
*Frank Mead*  
*Andree Hardman*  
*Mae Maher*  
*Homer Chenot*  
*John Eden*

## If You Know Someone...

We are looking for a used comfortable chair and/or small couch (love seat size) for an elderly lady who has only a couple old straight chairs for her living room.

## I Only Took 10 Lessons!

A delightful, diminutive lady - that's Evelyn McRae! Her eyes twinkle as she tells me little stories of her past. Born in Beatrice, Nebraska, one of seven children, 86 years ago, she relates that the town was named after an Indian Chiefs' daughter.



*Volunteer, Carol Basralian with Evelyn McRae*

When Evelyn was 16 years old, she got a job playing piano at the Rivoli Theatre for the silent movies. She claims "I only took 10 music lessons and mostly played by ear, but I got the job!" She still has a piano in her home and plays occasionally - "I can't play like I use to, my fingers don't work too well now," she says with a chuckle.

In 1942, she came to California, eventually moved to Camarillo and worked as a diet cook in Camarillo State Hospital, retiring in 1965. All went well until around 1986 when she developed an equilibrium problem and eye problems and subsequently fell off her porch. She needed some help and turned to Caregiver's. It was fortunate for me to meet her at this time and I have enjoyed her company ever since. After some chores, an outing is usually to the doctor and then more often than not she asks, "Can we stop for lunch too?". She always asks if I have the time and is so considerate.

I asked her what she liked about our program and she said "It's been so wonderful for me - you people helping others, and never asking for a dime! If anything is wrong I know I can call on you to help. It's a wonderful feeling to know that!"

During any holiday her home is a feast for the eyes. Especially at Christmas, every nook and cranny is filled with cards and decorations. I am so lucky to have her as a friend!

Carol Basralian

## It's A Date . . .

Thursday, December 7, 1989 -  
**Christmas Celebration Party**  
3:00-5:00 p.m. 7:00-9:00 p.m.  
Party time for both the Persons  
Served and their Caregivers

December 22, 1989 - January 1,  
1990 **Christmas Holidays**  
Office Closed

January 10 and March 14, 1990 -  
**Coordinators Breakfast - 8:00 a.m.**

January 15, 1990 - **Martin Luther  
King Birthday - Office Closed**

February 19, 1990 - **President's  
Day - Office Closed**

March 7, 1990 - **Coordinators  
Meeting 12 Noon-3:00 p.m.**  
(Salad Potluck)

March 15, 1990 - **St. Josephs  
Day - Office Closed**

April 12 - 16, 1990 - **Easter  
Holidays - Office Closed**

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## Introducing the Board of Directors

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A group dedicated to the mission and goals of Caregivers is its Boards of Directors. Meeting monthly with Director Sister Patricia, the eleven member Board discuss current activities, review and approve budgets and, importantly, plan for Caregivers future.

Some of the members have been with Caregivers since it beginning; other's have recently joined. All participate with enthusiasm and dedication, each bringing his or her unique talents, qualities and experiences.

The Chairperson, is Mary Braitman, Director of Adult Programs for Our Lady of the Assumption Parish. Vice Chairperson is Harry Walsh, a local attorney. Sheri Oelschlager, a dietician and a Ventura College instructor with the "Nutrition for Seniors" program is the capable secretary. Overseeing financial affairs is Wayne Dugan, a business manager for First United Methodist Church. These four officers make up the Executive Board which also meets monthly.

Our remaining hard-working members are Harry Banks, a retired educator and actively involved bee-keeper; Virginia Camarillo, a Senior Personnel Analyst for the County of Ventura; Frank Cavola, retired but active in many community activities; Maxine Culp, currently a California Senior Assemblywoman and very active in other seniors' groups; Sister Adrienne Clare Pereira, a Sister of St. Joseph of Carondelet and Vice Principal at Santa Clara High School; Sister Sharon Margaret Ninteman, also a C.S.J. and a nurse and finally Jack Collins, who is returning to active participation in the Board. Jack is a mechanical engineer.

It is our hope that very shortly we will be welcoming to the group one or more representatives from the Santa Paula area.

You may personally know some of these Board members or they may be a member of your church congregation. All are willing and eager to discuss Caregivers with you and would welcome your comments and suggestions for making Caregivers as effective a program as possible.

If you feel you have qualities or experiences which would enrich the Board you're invited to explore that possibility and help guide the future of Caregivers.

Mary Braitman

## Buenaventura Interfaith Volunteer Caregivers

Executive Director: Sister Patricia Callahan C.S.J  
Associate Director for Santa Paula: Glenda Hendrick

### Volunteer Caregivers: matched.....with.....the homebound

- reach out to the frail and elderly & isolated in their own homes
- respite care-support the family caregiver
- link the needy with community resources
- train & support volunteers in basic caregiving skills
- provide 2-4 hours weekly of neighborly, non-professional tasks of personal care, home management, social contacts, transportation

### A Ministry in Ventura:

Community Presbyterian Church  
Eastminister Presbyterian Church  
First United Methodist Church  
Knights of Columbus Council 2498  
Our Lady of the Assumption Church  
Sacred Heart Church  
San Buenaventura Mission  
Sisters of St. Joseph of Carondelet  
College United Methodist Church  
Trinity Lutheran Church

### A Ministry in Santa Paula:

St Sebastians Catholic Church  
First Presbyterian Church  
St Paul's Episcopal Church  
Assembly of God Christian Center  
United Methodist Church  
Santa Paula Christian Church-Disciples of Christ

**Contributions, memorials or in-kind donations can  
be made to  
VOLUNTEER CAREGIVERS  
and are tax-deductible.**

Send to:  
VOLUNTEER CAREGIVERS  
261 North Catalina  
Ventura, CA 93001  
805-652-0566  
805-656-4442

A United Way Agency

*There shall come forth a shoot from the  
stump of Jesse,  
and a branch shall grow  
out of his roots.*

*And the Spirit of the Lord shall rest  
upon him,*

*the spirit of wisdom and understanding,  
the spirit of counsel and might,*

*the spirit of knowledge and the  
fear of the Lord.*

*And his delight shall be in the fear of  
the Lord.*

Sisters of St. Joseph of Carondelet  
Buena Ventura Interfaith Volunteer Caregivers  
261 No. Catalina St.  
Ventura, CA 93001  
805-652-0566

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# CAREGIVERS

The Buenaventura INTERFAITH Volunteer Caregivers Program

JOSEPHS — 261 North Catalina Street

Ventura, California 93001

(805) 652-0566

December 5, 1989

## BOARD OF DIRECTORS

Harry G. Banks  
Mary Braitman  
Virginia Camarillo  
Frank Cavola  
Jack Collings  
Maxine Culp  
Wayne Dugan  
Sr. Sharon Ninteman  
Sheri Oelschlager  
Sr. Adrienne Pereira  
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## ADVISORY BOARD

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Bishop Patrick Ziemann

Dear Friend of Caregivers:

The Holiday Season is upon us with its attention upon family gatherings, exchange of gifts, and also the less fortunate among us. Our focus here is the plight of the frail and the elderly in our own community.

We live in an age of both extended life expectancies and social mobility. One result of this is that many elderly, including couples, singles and widow(er)s, live lives of isolation. On one hand the length of life is extended, but family and friends live at distances where the only contact is an occasional telephone call or birthday card.

Since 1981, Volunteer Caregivers has faced this problem by matching volunteers with the frail elderly. This "match" provides a continuous contact and source of caring, friendship, and assistance with everyday needs which to the frail and the elderly are often insoluble ... help with grocery shopping when a driver's license has been surrendered, balancing a checkbook when eyesight has failed, help with cleaning when arthritis has made movements difficult, a cheerful visit when all others have moved away or are too busy.

Caregivers is not a government agency. In 1988, 156 volunteers served 140 frail and elderly and spent a total of 17,000 volunteer hours in doing this. The business of good works does not function on good will and good wishes alone. It takes money to run our office and pay a two-person staff needed to coordinate the volunteers, screen requests for service, and do all that is necessary to keep this an efficient and client oriented ministry. That is what this letter is about. We are asking your financial help to continue this work. Take a moment to reflect on this need which exists right here in our community and how Volunteer Caregivers is using the volunteer spirit of the community to address it.

On behalf of the entire Board of Directors and the Advisory Board, thank you for your help, and our best wishes for a Happy and Healthy Holiday Season.

Sincerely,

Mary Braitman  
Chairperson of the Board of Directors