

concerning CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Fall 1992

Volume 9 Number 2



Carol Basralian at CAREGIVERS' home in Fillmore, the Church of the Nazarene.

CAREGIVERS COMES TO FILLMORE

February, 1992, marked the beginning of the initial ground-work to establish a CAREGIVERS office in Fillmore. Recognizing the need for supportive services for frail elders in their community, the managers of El Dorado Mobile Home Park, Al and Helen Rosetti, gave enthusiastic support and encouragement to the idea of having CAREGIVERS in Fillmore.

In March, Carol Basralian, our Santa Paula Coordinator, was invited to attend two Fillmore Ministerial Association meetings. After explaining the goals and mission of CAREGIVERS, Carol received the backing of the Association, with assurances that various churches will aid in the recruitment of volunteers. Pastor Patricia Litten of the Church of the Nazarene generously arranged for the donation of office space at the Church.

Good planning, widespread community support, and Carol's enthusiasm carried the day as the CAREGIVERS Board of Directors gave final approval for expansion to Fillmore. Until funding can be found for a part-time Fillmore coordinator, Carol will be staffing that office in addition to her Santa Paula duties.

In September the Fillmore office was officially opened, and five community volunteers have already stepped forward. Our thanks go to Trudy Gardner, Evelyn Spradling, Ann Burson, Nathalie Milliken and May Carter for helping CAREGIVERS move a little farther forward in our goal of bringing volunteer services to frail elders throughout Ventura County!

VOLUNTEERS! MARK YOUR CALENDARS FOR....

THE 8TH ANNUAL CAREGIVERS VOLUNTEERS' DINNER

This year we'll TIP OUR HATS to our wonderful volunteers

at a Santa Maria Style Bar-B-Que
Sunday, October 25th, 4 - 7 PM

Poinsettia Pavilion • 3452 Foothill Road, Ventura

All volunteers and spouses are invited at no charge in gratitude for all you do!

Your family and friends are also welcome, but we need to ask a \$7.00 donation for each guest.

Our charitable chefs will be from the Rotary Club of the Ventura Marina... Music by the Westernaires. Please wear your favorite or most outrageous HAT...prizes will be awarded.

Please help us to be sure we order the right amount of food by letting us know how many volunteers and guests will be attending:

Call 652-0566 with your reservations by October 15th.

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Craig Ploss, Chairman of the Board, and his wife, Joan, share many things in common outside of their work in the legal profession. He is a practicing attorney, and she is a legal secretary and office manager. In addition to their CAREGIVERS activities, they share an interest in animal welfare and are active members of the Humane Animal Rescue Team (H.A.R.T.). And now they are sharing grandparenthood -- a baby girl, born on September 26th to their son and daughter-in-law in San Jose.

During the process of caring for her elderly mother, who died about four years ago, Joan discovered CAREGIVERS, and volunteered in 1988. Gradually, Craig became interested in the needs of the frail elderly and volunteered his legal expertise to the program.

Craig graduated from the University of Minnesota in June, 1971, with a BA degree in Political Science. He took a long and interesting route from business to the legal field by serving as an Explosive Ordnance Disposal Officer with the U.S. Navy and then as District Manager for North Sea Operations for a civilian explosives company, based in Aberdeen, Scotland. Travel assignments took him to Alaska, Canada, England, Ireland, Egypt, South Africa, Saudi Arabia, United Arab Emirates, and Kuwait before he finally arrived in Ventura in March, 1983, as West Coast District Manager.

Looking for a change, Craig entered law school, graduated from Ventura College of Law in 1987, passed the State Bar Exam in February, 1988, and established his legal practice, emphasizing estate planning, elder law, non-profit corporation law, and real estate law.

In 1990 Craig became a member of the CAREGIVERS Board of Directors, becoming Chairman in 1991. Commenting on the lifestyle of voluntarism that he has adopted, Craig says, "Lawyers are sometimes seen as part of the problem. I want to be seen as part of the solution."

We welcome to our Board of Directors

Judith Frazier, Vice President and Trust Administrator at Bank of A. Levy, and *Virginia Camarillo*, Senior Administrative Analyst, County of Ventura, who is a longtime CAREGIVERS volunteer and former Chair of the Board.

FOR YOUR INFORMATION

The **Postal Alert Program** is a cooperative program between the U.S. Postal Service and the Information and Referral program. The service is helpful for seniors and handicapped persons. The letter carrier is trained to spot signs of potential trouble in the house such as mail box overflow, porch lights burning all day, broken windows and other signs. To register for **Postal Alert**, call 653-5594.

The **Ventura Minibus Service** provides supplemental transportation for disabled adult residents within the Ventura City limits. Transportation is available for medical appointments, grocery shopping, and for personal business. It operates Monday through Friday from 8 AM - 4 PM. To arrange for a ride, call the dispatcher at 643-3122 from 8 AM - 4 PM, at least 24 hours in advance.

SPECIAL THANKS THIS MONTH

to *Bonnie Whitton, of Vance, Thrift and Biller, Certified Public Accountants*, for many hours of her own time spent helping us with our accounting procedures.

to *Joyce Cantrell*, for continuing valuable assistance in the office on Tuesdays.

to *Donna Nelson* for her help with this newsletter.

Words of Wisdom

Part of a peaceful and joyous life is recognizing where not to spend time.



Rev. Mark Ulrickson.

WE ARE GRATEFUL TO OUR GENEROUS DONORS

May 23 - September 30, 1992

Individuals

Dr./Mrs. M. Abou-Samra
Luisa Asher
John F./Ethel Aspell
Lucille S. Atmore
Gladys C. Austin
Marguerite Axelrod
Geneva B. Babcock
Mrs. Virginia Baptiste
Mavis W. Barnhill
Carol Basralian
Meyer/Belle Beime
Donald/Mary Ann Benton
Imogene Bercau
Virginia Blankenbiller
Eleanore R. Blackwood
Frances Blair
Frances A. Brady
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Dr./Mrs. Ralph Busch, Jr.
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Gertrude Conover
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Barbara K. Coulson
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J. L. /Agnes Harris
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Larry/Barbara Hillburn
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Mrs. Rose Horn
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Margaret Knoll
A. E. Krueger
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Mary-Bell Lanford
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Howard R./Irene O. Level
Isabel/Bernard Levitt
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Beverly Niberg
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Dora/Everett Smith
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Mildred Snowden
Margaret M. Stapleton

WE ARE GRATEFUL TO OUR GENEROUS DONORS

May 23 - September 30, 1992

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Helen M. Stolz
Dave/Midge Stork
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Clyde/Viola Tabor
N.L./Laura Taylor
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Eugene/Eugenie Wheeler
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Richard H./Clare Wibbelmann
Elizabeth Wolfe
Leon Zermeno
Virginia S. Zierer
Norma Zuber
Ten Anonymous Donors

Organizations

Affordable Telephone Systems
Church of the Foothills
I-da-ka Club
R & J Prosthetic Appliance Co., Inc.
Santa Paula Lions Club
Sorooptimist International of Santa Paula
Trinity Lutheran Church
Vreeland Cadillac
Wheaton Plastics
City of San Buenaventura
Swift Memorial Health Care Foundation
United Way of Ventura County

In Memory Of:

Dorothy Augustine
by Harriet B. Saxe

Elsie Broshears
by Gerald A. Broshears

Mildred Mae Colombel
by Don/Betty Ewin

Molly Dennison
by Mr./Mrs. Robert Anderson

Ruth Guthrie
by Lauren/Ann Alexander
by Mr./Mrs. Robert Anderson
by Norman/Barbara Bennett
by Roberta K. Bromberger
by Nellie/Leo Butts
by H. E./Mary C. Clopper
by Mr./Mrs. Volney Craig
by Charles/Rosalie Dahl
by Mr./Mrs. R. L. Hertel
by Jim/Betty Hantgin
by Idah W. Iliff
by Adele/Edward Miller
by Mary Jo Mitchell
by Bruce/Betsy Brandt Tabor
by A. Benton/Marcia C. Weaver
by Douglas/Caryn Woodburn

Our Parents
by Jose O./Maria Teresa Gutierrez

Gerald Hendrick
by Dr./Mrs. Robert Parrish

Carol Maude Look
by Anonymous

Ida Miller
by Jim/Joyce/Jean/Julie Miller
by Dr./Mrs. Bill Sherman

Mary Padberg
by Mr./Mrs./Dan Stowell

Josephine Pelullo
by The Cruz Family
by Doris Lowry
by Bill/Celia Forrer
by Carmine/Mary DePaolo

Genevieve "Patsy" Reardon
by Mr./Mrs. Roland Lakin
by Margaret Keller

Tom Riley
by Mr./Mrs. C.C. Richards

Roberta Richards Soprano
by Mr./Mrs. C.C. Richards

Valerie Lynn Soprano
by Mr./Mrs./C. C. Richards

Nancy Tate
by Jeanette C. Battey

Jeffrey Stephen Tauber
by Anonymous
by Allan L./Berta D. Steele
by Dr. Leo./Lucy C. Tauber

In Honor Of:

Edward J. Curran
by Steve & Wilma Turchik

Wayne/Martha Dugan
by Les/Judy Veilbig
for 50th Wedding Anniversary

Lael Mitchell
by Jack Mitchell

Marian Tulos
by Johanna Overby
for her Birthday

Dorothy Wetzel
by Jack Wetzel

DIRECTOR'S MESSAGE

Someone recently asked a very legitimate question: "Since CAREGIVERS volunteers are paid nothing for their services, why does it cost so much to operate the program? Why do you need to raise more money every year?"

I'd like to try to respond to this common question that is asked of non-profit organizations, especially those that utilize volunteers.

The reality is that non-profits have similar expenses to any other business: we pay for rent and upkeep of our office; we pay for the telephone, postage, printing of materials, for office supplies such as pens, paper clips, stationery and file folders. In order to keep accurate records and make our program operate as efficiently as possible, we need to purchase and maintain office equipment such as computers, calculators, and a copier. We print and mail a newsletter in order to keep you informed about our activities. We also have to buy liability and Worker's Comp insurance, and we feel it is not out of line to budget a modest amount to recognize our volunteers at an annual dinner and to hold a Holiday Party for those we serve.

As in any organization, staff salaries and various government - required payroll taxes are the biggest expense. CAREGIVERS employs, full-time, an Executive Director and a Director of Volunteers. Part-time employees include an Associate Director of Volunteers for Fillmore and Santa Paula, a Director of Development, and an Administrative Assistant/Bookkeeper.

These CAREGIVERS staff members take care of running the "business" of the program, providing a continuity and confidentiality that would not be possible if these positions were filled by volunteers, who very rightly put their own lives, families, and vacations ahead of CAREGIVERS on their priority list.

Even though our program services are free to the recipients, our program support must be paid for. That's why we ask for your help in the form of contributions.

So many grateful people call and write us to say how a CAREGIVERS volunteer has changed their life.

Your generous contributions are needed and appreciated. Working in partnership - volunteers, donors, Board and staff - we truly make a difference in the lives of the frail elderly in our community.

by Pat Meredith



UNITED WAY DAY OF CARING



Our warmest thanks to the team of volunteers who arrived at 9 AM on Saturday, September 12 to clean up our garden here at the CAREGIVERS office.

Three hours and about ten trash bags full of debris later, the face-lift was complete, and our bank area sported some new ground cover in the bare spots. We can only hope that when (not if!) the winter rains come, it will have spread enough to keep the dirt from washing down onto the driveway, as it did last year.

We are so grateful to United Way of Ventura County for organizing this activity, and to the workers themselves: Tania Fry and Laura Rodarte from Laidlaw Transit; Judith Bowen from County Library Services; Wendy Lascher of Lascher and Lascher; Keith York and Sister Sharon Margaret Ninteman, CAREGIVERS Board of Directors; and Deby Tygell and Pat Meredith, CAREGIVERS staff.

CALENDAR

Thursday, October 15
Board of Directors Meeting
CAREGIVERS office, 7 - 9:30 AM

Sunday, October 25
Volunteer Recognition Dinner
Poinsettia Pavilion, 4 - 7 PM

Wednesday, November 18
Coordinator's Breakfast
CAREGIVERS office, 8:30 - 10 AM

Thursday, November 19
Board and Advisory Board Meeting
CAREGIVERS office, 7 - 9:30 AM

Thursday, December 3
Holiday Party for volunteers
and persons receiving service
CAREGIVERS office
2 - 4:30 PM and 6:30 - 8:30 PM

MARK YOUR CALENDARS NOW FOR THE ANNUAL "SALUTE TO DISTINGUISHED SENIORS" ENDOWMENT DINNER TO BE HELD ON SUNDAY, JANUARY 24 AT 5 PM AT THE DOUBLETREE HOTEL IN VENTURA.

IN MEMORIAM

Lelia Crawford
Madeleine McCane

Ruth Guthrie
Eda Ramelli

CAREGIVERS' purpose is to provide a reliable personal relationship between one volunteer and one elder in need of assistance. Without the kind of services we offer, frail elders may find themselves living in unfamiliar, impersonal institutions, with a debilitating sense of having lost both independence and dignity. By matching such elders with volunteers who provide basic assistance, CAREGIVERS permits many of them to remain in the familiar and cherished surroundings of their own homes.

We are able to provide this vital help to the frail elderly in Ventura County only because of the generosity of people like you. Tax deductible contributions, gifts to our Endowment Fund, memorial gifts, and gifts in honor of a special occasion may be sent to our Ventura office, and every gift will be promptly acknowledged. Please make checks payable to CAREGIVERS.

Board of Directors

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Vice-Chairman

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Director of Volunteers

Carol Basralian

Associate Director of Volunteers

for Santa Paula and Fillmore

Berta Steele

Director of Development

Deby Tygell

Administrative Assistant/Bookkeeper

CAREGIVERS

261 North Catalina St.

Ventura CA 93001

(805) 652-0566

In Santa Paula:
(805) 525-5006

In Fillmore:
(805) 524-5665

**Buenaventura Interfaith Volunteer
CAREGIVERS
261 No. Catalina St.
Ventura, CA 93001**

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Buenaventura Interfaith Volunteer CAREGIVERS is a program of the Sisters of St. Joseph of Carondelet and is a United Way member-agency