



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Fall 1993

Volume 10, Number 4

BBQ Honors Volunteer CAREGIVERS

Volunteer CAREGIVERS were honored at a festive BBQ on October 10 at the Poinsettia Pavilion. Catering was donated by the Ventura Marina Rotary Club. Turquoise balloons decorated the white tables and delightful music was provided by Fred Galloway's seven-piece band.

A brief program was led off by board chairperson, John Chaudier. He was the lucky bidder on a life-sized cardboard cutout of President Clinton with his saxophone which sat on the stage all evening.



Chairman of the Board John Chaudier with surprise guest.



A fond farewell from Sr. Jane Kelly (r) to departing volunteer Susan Cheek. (l)

The printed program contained a letter of commendation from City of San Buenaventura Mayor Gregory L. Carson in which he extended the thanks of the City Council and the residents of the city to every CAREGIVERS volunteer.

Sister Jane praised all the 230 volunteers, present and absent, and said a special goodbye to Susan Cheek, who is moving from the area.

Thanks to Deby Tygell and Chris Jensen for the "loving hands" design on the program

and the new fabric shopping totes, which were given to each volunteer present.

Thanks to all the businesses that donated to the BBQ and the door prizes: Noren's Market; The City Bakery; Royal Bakery; Casa Mañana; The Honeybaked Shop; Eastland Hallmark; Karen's Hallmark; First United Methodist Church; Ventura Party Rental Center; Holiday Party Rentals of Simi Valley; Basso Distributing; Marie Callender's, Ventura; Sea Things; and Procter & Gamble.



The Ventura Marina Rotary Club donated and prepared the tasty BBQ.

CAREGIVERS...the Vandenberg Family

A Native American tradition involves attending closely to our elders because, when they go, their songs will no longer be sung.

Mabel Miller, 87, of Ventura, is the granddaughter of a full-blooded Cherokee maiden.

Mabel's life resonates like the tune of a full-throated song-bird, and the lives of the Vandenberg family members

have been enriched by her song.

Mabel was married for more than 50 years when her husband, Paul, was killed in a traffic accident near their home. In an instant, life changed for Mabel. But her inner spirit carried her on with peace and joy, until in 1991, she began experiencing serious, limiting health problems. Kay, Mabel's only child, lives in Hawaii and

visits often. But, the assistance Mabel needed had to come from other people nearby.

Within 30 days after we first visited Mrs. Miller, a young and caring woman, Elizabeth Vandenberg, came into our office asking about helping someone. The miracle was that Elizabeth and her family live on the same street as Mabel!

Continued on page 2

Vandenberg Family (Cont)

Thus began a relationship of support and friendship that has encompassed Mabel, Elizabeth, her husband Joseph, and their children Ria, Noah, John, and Lydia, in a circle of tangible love. For at least 4 hours each week, Elizabeth shops, does needed household or garden tasks, and learns from Mabel how to put up Spring apricots, embroider, and what nuts to gather from Mabel's walnut tree.

Elizabeth has noted that "I find I've been taken in by what appears to be Mabel's *modus operandi* - 'I was taught early never to waste anything.'"

Elizabeth was there to help Mabel when a homeless man recently took up residence in the backyard, for Elizabeth calls Mabel daily and goes over when she's needed.



And Joseph patched a crack in the plaster and cut off a dead limb from the bounteous walnut tree. The children visit, too. The dresses the Vandenberg girls are wearing in the photograph were sewn by Mabel.

This is one CAREGIVERS story—there are dozens and dozens more....



ALZHEIMER'S DISEASE UPDATE

by Laine Waggoner
New drug

The latest and most encouraging news on the Alzheimer's disease (AD) front is that the Food and Drug Administration (FDA) has approved a new drug which should be available to the public this month.

The Associated Press quoted the FDA as saying that the medicine, Tacrine, provides a "small but clinically meaningful benefit for some patients with mild to moderate Alzheimer's disease."

This is not a cure. But, "it's a ray of light. It's the beginning," said Alzheimer's Association chairman, Stuart Roth. He explained that the drug, which will be marketed by the Warner-Lambert Co. under the brand name of Cognex, could give some AD patients the attention span to watch TV for a few

hours - and give their caregivers a much-needed break.

With the drug, some AD sufferers may be able to "take walks around their neighborhood without fear of becoming lost," said Paul Solomon, a neuropsychologist at Williams College and co-director of the Memory Disorders Clinic at Southwestern Vermont Medical Center.

It is estimated by the Alzheimer's Association that 90% of the four million Americans afflicted with AD are being cared for by their families.

About 10% of people over age 65 have AD. The percentage rises to 47.2% in those age 85 and older. With more than 100,000 people dying from AD annually, it is now the fourth leading cause of death for people over age 60.

Opinions vary among medical researchers about the benefits of the new drug and its

Continued on page 5

Christmas and Presents

What does the holiday season mean to you? I'll tell you what it means to us at CAREGIVERS. It means our annual Christmas party but much more... Christmas and presents are synonymous with each other and are linked together in our consciousness...but YOU are the most precious PRESENT given all year to others...our persons served. Without the caring and the sharing of your gifts, we would not have a program. At this blessed time of year, we are again reminded of all the joys and pains we have all gone through together during the past year. May the peace of this holy season enfold each and every one of you as we look confidently towards 1994!

Carol



MARK YOUR CALENDAR

Feb. 13, 1994 - Salute to Distinguished Seniors... CAREGIVERS' Major Fund Raiser of the Year.

Plan now to attend our fourth annual Salute to Distinguished Seniors Dinner, 5:30 p.m., Sunday, February 13 at the very plush Mandalay Beach Resort at the seaside in Oxnard.

This event promises to be a sparkling evening of friendship, entertainment and *haute cuisine*. Join us to help us reach our attendance goal of 150.

Two distinguished seniors will be honored for their contributions to Ventura County life. Watch for the announcement of their names at a later date.

Call the office at 652-0566 for more information. We need individuals and business to become financial sponsors to help pay the event's costs so that CAREGIVERS reaps the greatest benefits.



Pat Meredith

October is traditionally the month when we formally recognize all of our wonderful CAREGIVERS volunteers. Just saying "thank you" seems to be a woefully inadequate way of expressing appreciation to these dedicated folks. How can you really thank

Thanks from the Executive Director

people who give so much of themselves, are so devoted and caring, and who make a very big difference in the lives of others—often a life-changing difference?

Our once-a-year Volunteer Recognition Dinner may be a good try—but we want everyone to feel appreciated every day, not just once a year. We know that this type of service is not easy and that it takes a very special type of person to provide it effectively.

You'll be interested to learn that last year our volunteers donated 9,871 hours of friendly visiting; did 5,135 errands including shopping and banking; and made 7,779 phone calls to

the people they assisted. They gave a total of 40,658 hours of service. The monetary value of these services would have amounted to \$325,260.00 if we had charged our clients \$8.00 per hour, the lowest fee we know of for in-home assistance. Our volunteers also donated 94,000 miles of transportation, which, if valued at twenty-five cents per mile, was worth \$23,500.00!

Whether you are a caregiver, a board member, or one of our willing office or mailing volunteers, the service that you give is so important to this community. I hope you all know how deeply that service is appreciated.



New Faces on the Board

We welcome to the CAREGIVERS Board of Directors: Sister Barbara Dugan, CSJ, a teacher of English as a Second Language; Sister Marilyn Binder, CSJ, principal at Our Lady of Mt. Carmel School in Santa Barbara; and Norm Weitzel, a Ventura County photographer and journalist. Each of them brings skills, expertise, and commitment that will be of invaluable assistance as we progress in our mission of service to the frail elderly.

Volunteers Needed

It seems as though the calls for help always come in faster than the volunteers! So many good people need just a little extra assistance to raise their quality of life. Remember, CAREGIVERS volunteers are never put in a position beyond their capabilities. NO nursing care is ever involved. And you set the hours and the tasks you're willing to help with. If you can consider 2 to 8 hours a month to help an elder in need, please call us at 652-0566 for more information.

Volunteers Get Second Chance!

If you are one of our valued volunteers who missed our great party on October 10th, we'd love to see you on **Saturday, November 20th** to give you your commemorative booklet and your 1993 volunteer gift. Please stop by the CAREGIVERS office, 261 North Catalina Street, Ventura between **9:30 and 11:00 a.m.** and have a continental breakfast with us. If you can come that day, please let us know by Thursday, November 18th. Call 652-0566.

Thanks, and Happy Thanksgiving to all from Sister Jane & Carol



WE REMEMBER - THOSE WHO WERE CARED FOR...

Vera Clark
Louise Francios
W. Paul Laurence
William A. Ryall
Louise Smith

"We make a living by what we get; we make a life by what we give."

Winston S. Churchill

Are You Stumped for a Holiday Gift?

A meaningful way to remember a friend this year is with a gift to CAREGIVERS. We will send your honoree a colorful holiday note describing the service we provide and letting him or her know of your thoughtful gift.

The gift certificate says: "This caring gift will help provide a frail, needy or lonely senior with friendly companionship, personal assistance, transportation, and other support services.

"There is no shop anywhere where one can buy friendship. But with this gift, your friend has purchased, in your name, love, compassion, and caring."

For more information, call our office at 652-0566.



YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (July 1- September 30, 1993)

Anonymous
 Dr./Mrs. Jack Adelman
 Ruth Aguilar
 Mr./Mrs. Lyle Altoff
 Gladys Austin
 Mr./Mrs. Ronald Bank
 Jeanette Bauey
 Mrs. Margaret Blackford
 J.M. Beeghly
 Mr./Mrs. Arthur Bliss
 Mr./Mrs. Wm. Blackford
 Virginia Blankenbiller
 Vivian Bostwick
 The Chouinard Family Trust
 Ethel Clifford
 Claude Coffman
 Mr./Mrs. David Conner
 Gertrude Conover
 Mr./Mrs. James Conroy
 Mrs. Lewis Dale
 Pete Darrow
 Jack Dent
 Doris Dryer
 Ellen Eden
 Irene Esperance
 Meta Ewens
 Luca Falcone
 Dr./Mrs. Herbert Fawcett
 Sally Fitzgerald
 Mr./Mrs. Alan Fordney
 Mr./Mrs. Robert Formanek
 Judith V. Frazier
 Mr./Mrs. M.M. Frohock
 Bertha Gaertner
 Maxine Garcia
 Ralph Gebhart
 Kathryn Gordon
 Marilyn Greelish
 Mrs. H. Grove
 Beryl Hachtman
 Jim & Mary Harrison
 Nova Hayes
 Mr./Mrs. Bill Hendren
 Loretta Jeffryes
 Mr. Shelly Johnson
 Mr./Mrs. Wm. Kealty
 Dr. Ann Kelley
 Rosemary Kelley
 Mr./Mrs. George Kibbe
 Margaret Knoll
 J. Devereaux Leahy
 Marje Lander
 Greg Lanigan

Mr./Mrs. W.P. Laurence
 Russell & Gloria Leggett
 Betty Lewis
 Maizie Lewis
 Mr. Jim Lincoln
 Mr./Mrs. James Loebel
 Frances Lowe
 Margaret Lyons
 Anna MacGillivray
 Mabel Mahl
 Mrs. Helen Marinos
 Opal Mason
 Kathleen McCann
 Faye McDonald
 Mr./Mrs. James McGahan
 Mr./Mrs. Joseph McKenzie
 Patricia Meredith
 Mary Ann Minger
 Mrs. Miye Miura
 Mr./Mrs. James Montgomery
 Frances Mostert
 Josefa Myer
 Robert Nunn
 Daryush Parsa
 Margaret Phillips
 Mr./Mrs. Curtis Prickett
 Margaret Provence
 Diane Radford
 Charlotte Raitt
 Anna Rickard
 Mary Riordan
 Jean & Matt Robertson
 Clarence Robison
 Joan Rollins
 Violet Ryder
 Mr./Mrs. Stephen Schaff
 Paul & Mabel Schmitt
 Virginia Smith
 Winifred Smith
 Mr./Mrs. Howard Sparkman
 Leona Stephens
 Charles Switzer
 Juanita Taylor
 Bruce Thompson
 Mr./Mrs. Willard Townsend
 Ross Travis
 Katrina Vallino
 Beatrice Walker
 Afton Waldren
 Mary Wallace
 Mr./Mrs. Norman Weitzel
 Richard & Clare Wibbelmann

Mr./Mrs. James Wright
 Seiji & Mary Yoshioka
 Joan Zetzsche
 Virginia Zierer

ORGANIZATIONS
 Avila Golf Management
 City of San Buenaventura
 First United Methodist Church of Fillmore
 Knights of Columbus - San Buenaventura
 Ladies Auxiliary of the Veterans of Foreign Wars
 National Association of Retired Federal Employees
 Our Lady of Assumption Church
 Rotary Club of Ventura
 St. Catherine's Academy Reunion Committee
 Sisters of St. Joseph of Carondelet
 Swift Memorial Health Care Foundation
 Trinity Lutheran Church
 United Way of Ventura County
 Vagabond Coffee Shop

IN MEMORY OF...
 Frank Anderson
 Michael Becker
 Elizabeth Myers
 by Mr./Mrs. Herman Becker
 Mr./Mrs. Thomas H. Andreoli
 by Mr./Mrs. T.H. Andreoli
 Edward Avila
 by Janet LaMacchia & Mary McCormick
 William Barger
 by Mr./Mrs. Joe Bravo
 Jack Blackwood
 by Mr./Mrs. Tom Spears
 Annabelle Burgos
 by Mrs. Mary Hoffman
 Mary Donoghue
 by Bernard & Isabel Levitt,
 Mr./Mrs. Francis Robinson,
 Mr./Mrs. Dan Rutledge,
 & Dr./Mrs. Don Travnick
 Errol Flynn
 by Lucille Jennings
 Deacon Walt Gleeson
 by Lyle & Candy Harris
 Suzi Glenn
 by Mr./Mrs. Dan Stowell
 Dorla Goodrich
 by Nordman, Cormany, Hair & Compton
 and Janet Anne Reese & Paul Kurzeka
 Ruth Guthrie
 by H.K. Guthrie

Jose O. Gutierrez
 Maria Teresa Gutierrez
 Hazel Haden
 by Nancy Oechsle
 Emily Hall
 by Eunice Koch
 Elizabeth & Sarah Hamlet
 by Mr./Mrs. Jack McPherson
 Alan Hooker
 by Helen Hooker
 Thomas Howell
 by Margaret Roberts-Howell
 Helen Jackwerth
 by Don Jackwerth
 Dr. John E. Keane, Jr.
 by Mrs. Helen J. Ellis
 Mrs. Paula Knaack
 by Mr./Mrs. Frank Knaack
 Mary Esther Narden
 by Eunice Schleiderer
 Roberta Richards, Valerie & Jonathan
 Soprano
 by Mr./Mrs. C. C. Richards
 Wilbur Rubottom
 by Mr./Mrs. Larry Rubottom
 Elzy Swor
 by Mr./Mrs. Jack McPherson
 Warren Taylor
 by Juanita Laubacher
 Harry von Akin
 by Major/Mrs. Thomas Beachboard
 Mrs. Genevieve Vreeland
 by Daniel Vreeland
 Henry Wibbelmann
 by Ann Wibbelmann

IN HONOR OF...
 Ellen & Richard Devericks
 on your 30th Anniversary
 by Kathy & Dan Murphy
 Kathleen Dufault
 by Leslie McQuaide
 Mr./Mrs. Warren Fauc
 by Mr./Mrs. Harry Hines
 Mrs. Jane Helm
 by Mrs. Mei Hua Peterson
 Sr. Jane Kelly
 by Josephine Mendel
 Irene Luizzi
 by Irene Vallortigara
 Nellie Peck
 by Mr./Mrs. Donald Mills

We are able to provide this vital help to the frail elderly in Ventura County only because of the generosity of people like you. Contributions, gifts to our Endowment Fund, memorial gifts, and gifts in honor of a special person or occasion may be sent to our Ventura office, and every gift will be promptly acknowledged. All donations are tax-deductible. Please make checks payable to CAREGIVERS. Call us at 652-0566 for more details



**HAVE YOU REMEMBERED
 CAREGIVERS IN YOUR WILL?**

FOR YOUR INFORMATION
1993 Influenza Immunization Clinics: Various locations throughout Ventura County until November 4. A \$2 fee or Medi-Cal sticker is required. Vaccine available to healthy persons over 55 years of age and to adults and children who have chronic medical problems that would be seriously complicated by the disease of influenza. Call: **Ventura- 652-5918 or Oxnard- 385-8652.**

Lupus Support Group: Meets the second Tuesday of the month at El Torito, 776 Seaward, Ventura. Buying lunch optional. For more information call the Arthritis Foundation, **648-3184.**

Alzheimer's Disease (Cont)
safety, as it can cause mild liver toxicity, nausea, vomiting, diarrhea and rash.

What is Alzheimer's disease?

The Alzheimer's Association states that AD is a progressive, irreversible brain disease which strikes adults of all ages. The association is the only national, non-profit organization that addresses the needs of AD victims and their families through family support, education, advocacy and research.

AD usually has a gradual onset. Early symptoms are problems remembering recent events, names and places, misplacing things and difficulty performing familiar tasks.

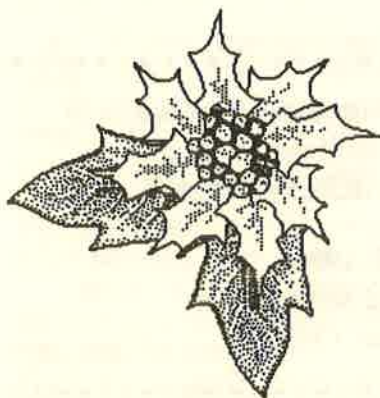
The next stage involves confusion, loss of long-term memory, personality and behavior change, impaired judgment and difficulty finding words, finishing thoughts, following directions or making decisions.

The third stage is dementia. AD patients cannot recall their names or addresses. They become easily disoriented, paranoid and delusional.

How quickly these changes occur will vary from person to person. But, AD eventually leaves its victims totally unable to care for themselves.

Early intervention

When forgetfulness interferes with daily activities, talk with a physician, says Dr. Marla



Tobin, writing for Parke-Davis, the drug firm. It is important to get an early medical evaluation because more than 50 other diseases can cause the group of symptoms known as dementia.

In recent years, the accuracy of AD diagnosis has been improved up to 90 percent, according to the Alzheimer's Association.

Treatment

In the fifteen years since AD became a national priority for government funded research, scientists have not developed a truly effective treatment. But they have been discovering that AD is an extremely complex illness.

Several genes and biochemical defects seem to be implicated in the disease, for which there is no known cure. Scientists do agree that AD causes the death of cells in the brain that govern memory, emotion and thinking. As the disease progresses, nerve cells in the language and motor centers of the cortex are destroyed.

Business Week magazine reported on May 3, 1993 that some 19 drug companies are working on ways to block this damage to the brain cells.

Experimentation with available drugs has led to the reduction in some AD patients of depression, agitation, anxiety, wandering, paranoia, sleeplessness and aggression.

Caregiving for AD Patients

Research by social scientists, psychiatrists and psychologists indicates that caregivers and AD patients benefit from competent medical, financial and legal advice.

Home care of an AD patient is extremely expensive (more than \$18,000 a year) and most of it is out-of-pocket because Medicare and long-term care insurance policies don't cover AD. A recent UCLA study

stated that the average nursing home cost is more than \$47,000 annually.

Researchers have also discovered that caregivers who take breaks from full-time caregiving are better prepared to cope with their responsibilities. Low-cost respite care services and adult day care centers allow caregivers to take some time off to improve the quality of their lives.

While CAREGIVERS volunteers have served some clients in the early stages of AD, we are unable to provide services to those in the more advanced stages of the disease.

The Ventura County chapter of the Alzheimer's Association and the Livingston Memorial Visiting Nurse Association can refer families to helpful community services:

- **Alzheimer's Association, Ventura County Chapter**, 921 East Main Street, Ventura 93001 (805) 643-2614 Help line. Affiliated family support groups are in Ventura, Oxnard, Simi Valley and Thousand Oaks. Call for information and referrals. Get information on the NATIONAL SAFE RETURN PROGRAM, the nation's first coordinated program to help locate Alzheimer's wanderers. The Safe Return registration fee is \$25.

- **Livingston Memorial Visiting Nurse Association** is a nonprofit home health agency serving Ventura County which is Medicare / Medi-Cal certified. Patient referrals: (805) 656-4020 or (800) 223-4862 Hospice (805) 656-2005 Private duty: (805) 656-4862

- **Alzheimer's Day Program-Senior Concerns** (805) 497-0159 Lynn Engelbert - \$6 per hour, Monday-Friday 9 a.m. - 3 p.m.



NON-PROFIT ORGANIZATION
US POSTAGE PAID
PERMIT NO. 5 VENTURA CA

Buena Ventura Interfaith Volunteer
CAREGIVERS
261 North Catalina Street
Ventura, CA 93001
Address Correction Requested.

- CAREGIVERS...the Vandenberg family
- Alzheimer's Disease Update
- Volunteer Recognition Barbecue
- Thanks to Donors
- Volunteer Opportunities
- Holiday Gift Idea

INSIDE FEATURES

CAREGIVERS' MISSION – 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.

Board of Directors

John Chaudier, Chairman
Jack Collings, Vice-Chairman
Keith York, Secretary
Judith V. Prazier, Treasurer

Sister Marilyn Binder, CSJ

Virginia Camarillo
Jesse Dunlap
Sister Barbara Dugan, CSJ
Sister Sharon M. Ninteman, CSJ
Sharon Oelschlager
Craig Ploss
Norman Weitzel

Advisory Board

Wayne Dugan
Hon. Susan Lacey
Beverly O'Gorman
Luther Tolo
Harry Walsh



In Ventura:

(805) 652-0566

In Santa Paula:

(805) 525-5006

In Fillmore:

(805) 524-5665

Staff

Patricia B. Meredith,
Executive Director
Sister Jane Kelly, SNJM,
Director of Volunteers
Carol Basralian,
Associate Director of Volunteers
Deby Tygell,
Administrative Assistant
Laine Waggoner and Jim Barker
Newsletter Consultants

Coming Events:

Thursday, December 2

Holiday Party

CAREGIVERS, 1-4 & 6-8 p.m.

Board Meetings

Thursdays 7:00 a.m.

Oct 21, Nov 18, Dec 16

Wednesday, November 17

Coordinators' Breakfast

CAREGIVERS, 8:30 a.m.

Sunday, February 13, 1994

Salute to Distinguished Seniors

Mandalay Beach Resort, Oxnard