



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Fall 1994

Volume 11, Number 4

Volunteer Recognition Dinner



Approximately 100 party-goers gathered at the Poinsettia Pavilion on Sunday, October 16th, to enjoy an evening of laughter, friendship, a delicious tri-tip dinner, and delightful entertainment. It was our annual Volunteer Recognition Dinner, CAREGIVERS' traditional "thank you" to the volunteers who last year spent 44,000 hours helping our elderly clients.

Board Chairman Jack Collings served as master of ceremonies and extended a heartfelt thanks to all the volunteers present for their dedicated service. A highlight of the evening was the presentation by Supervisor Susan Lacey of a resolution of the County Board of Supervisors commending Caregivers on our 10th Anniversary.

Those volunteers who were unable to attend the dinner are requested to stop by the Caregivers office to pick up your certificate of appreciation and gift. The office is open from 9 a.m. to 5 p.m. weekdays, and we'd be pleased to see you anytime.

For the third straight year, the delectable meal was donated and prepared by members of the Ventura Marina Rotary Club. The barbecued beef, beans, salad, bread, and salsa sent numerous attendees back to the grill for seconds. We are very grateful to the Rotarians for this wonderful gift.

Oscar Esmaili of the Royal Bakery contributed, again for the fourth year, a delicious (and enormous!) cake decorated to



Joan Rollins and Viola Jensen

commemorate CAREGIVERS' 10th Anniversary. Please let Oscar know that we appreciate his generosity.

Thanks also to the dancers who entertained us: Carl and Bernice Taggesell from the Gold Coast Dance Club, who put on a charming demonstration of ballroom dancing; and "Diana's Girls": Grace Stalberg, Paula Magowan, MaryLou Roberts, and Lynn Weitzel, who elicited cheers from a delighted audience for their rousing tap routines.

We also owe many thanks to Maria Ridge for donating the wine; to the First United Methodist Church for loaning us the silverware; and to Sister Charlotte Marie at St. Catherine's for the calligraphy on the certificates.

And thanks to all who attended for helping to make it a great party!

United Way Day of Caring

This year's United Way campaign kicked off on September 10 with the annual Day of Caring. Hundreds of volunteers provided many hours of needed service to United Way member agencies across Ventura County.

We at CAREGIVERS are very grateful to members of the Ventura Suburban Kiwanis Club for giving up part of their Saturday to do yard clean-up. Frank Cavola, Ken Thompson, Tracey Hendrick, Letha Kennedy, Christopher Kennedy, and Karen Block trimmed, weeded, raked, pruned, and planted their way through a very warm September morning, to the delight of two of our elderly Ventura clients who can once again enjoy their gardens.

Pacemakers Restore the Rhythm of Life

by Laine Waggoner

If you have a serious disturbance in the rhythm of your heart, an artificial pacemaker may be the answer to a normal, fulfilling life.

Miniature space-age electronic circuits, sleek, lightweight metals and better power sources make today's pacemakers smaller, more powerful and more reliable than ever.

The medical procedure for implanting a pacemaker has become routine and uncomplicated. Since the late 1950's at least two million pacemakers have been successfully implanted in U.S. patients.

Frank Hine, 74, of Camarillo, was a fitness buff who swam daily and surfed in the Pacific Ocean for nearly 50 years.

In recent years Frank's 3-1/2 acre garden, which he planted "from scratch", has required four to six hours of often backbreaking work each day.

About six months ago, Frank noticed a decided drop in his energy level. "I was taking naps all the time and I was exhausted by eight o'clock at night," he recalled. "I was starting to say 'the hell with it' when it came to gardening and golfing. My emotions were also becoming affected. Small problems would seem to be insurmountable."

Because he had a history of heart rhythm (fibrillation) problems, Frank's physician had warned him that he would one day be a candidate for a pacemaker. "I had a treadmill test and was put on a 24-hour monitor," he said. "When my doctor saw that my pulse rate was down to 30 beats a minute and my heart would stop beating for two to three seconds, he said I needed a pacemaker right away or I might



have convulsions or a stroke."

Frank raves about how brief and uneventful the outpatient procedure was for implanting a pacemaker into his chest this past June. "The only restriction I was given was not to lift my left arm over my head for six weeks after the surgery," he said.

"My heart rate has more than doubled to the normal range of 60 or above," he added. "My improved circulation is affecting every organ in my body. Now, I feel like I'm 30 years younger. My memory is improving, I'm back to playing golf and I'm so 'up' I can't believe it!"

A week after his surgery, Frank and his family took an active vacation in Hawaii. "I walked and swam and felt on top of the world." The only limitation was that he had to avoid the airport metal detector. "They had to frisk me by hand," he said with a laugh.

Jim Sweatt, 60, of Ventura, also had a pacemaker implanted in June following a nighttime drop in his heart rate to 20 to 30 beats a minute.

"I had a birth defect that caused my heart to fibrillate, so I've been taking beta blocker medication to help control it," said Jim, who was beginning to feel exhausted all the time.

"My surgery was a breeze," he said. "I had no pain or discomfort. I now feel marvelous!"

"I'm sleeping better and feel more rested when I wake up. I am

also more confident now that I know my heart is being controlled with a steady, electrical impulse."

Two weeks after his surgery, Jim helped move his household furniture. "I was a one-armed mover," he said with a chuckle.

Medical followup for most pacemaker wearers involves a twice-yearly physician checkup. The normal replacement schedule for the tiny pacemaker battery is every five years and it can be done in the doctor's office.

Pacemakers have built-in features that protect them from interference by almost every electrical item with which you might come in contact such as TV, radio, microwave ovens, large and small appliances, electric blankets and garden machinery.

Both Frank and Jim recommend that you read all about the heart and how it operates. "The heart is a miraculous instrument," said Frank.

For more information on pacemakers and the heart see literature published by the American Heart Association, 1367 Del Norte Rd., Camarillo. Phone 485-4300.

You Are Invited
to
CAREGIVERS'
Holiday Open House
Thursday, December 8
noon to 4 p.m.
at the CAREGIVERS' office
261 N. Catalina St., Ventura



Pat Meredith, Executive Director

October is traditionally the month when we at CAREGIVERS express our appreciation for the outstanding service our volunteers provide to this community.

We hope that you know how much your service means to the elders who benefit from your caring friendship. We know you do a thousand things that are

Executive Director Notes

Thanks to Special Volunteers

never acknowledged, little things that the rest of us do automatically and take for granted, that to your friend may mean the difference between life and mere existence. Even just visiting and telephoning, which may not seem like much to you, can bring about a great improvement in feelings of well-being in a home-bound senior.

Our service statistics for last year show that volunteers provided 15,363 hours of friendly visiting, did 6,740 errands, and made 8,948 phone calls to their elderly friends. A total of 44,014 hours of service and 85,000 miles of transportation were donated. For a small organization such as CAREGIVERS, those are mighty impressive statistics!

We are grateful, also, to the office support volunteers who help us with bulk mailings and other tasks that help us to deliver services. Four people deserve special recognition for their faithfulness, above and beyond the call of duty: **Keith York** for computer programming, **Sherry Lyons** for preparing our monthly financial statements; and **Joyce Cantrell** and **Bertie Gaertner** for being willing to do whatever needs doing in the office.

Special thanks go to the hard working members of our Board and Advisory Board who deserve recognition for their efforts and guidance. It's their leadership over the past years that has, in the end, provided the continuity that keeps this organization running.



Join "Friends of CAREGIVERS" December 19th

Many people have told us that because of their schedules and other time constraints they cannot volunteer as one-to-one caregivers, but they would like to help the program in other ways. We have a suggestion. Would an auxiliary group called FRIENDS OF CAREGIVERS be the answer? We think it is worth pursuing.

If you would like to discuss this possibility and help to define some of the ways such a group could help us to continue this service to frail elders, join us Monday evening, December 19, 1994, at CAREGIVERS for a Holiday hors d'oeuvres social. Just call CAREGIVERS at 652-0566, and we will send you an invitation. Now, who can say "No" to a party? See you there!

Board Profile



Jack Collings, Chairman of the Board of Directors, has been involved with CAREGIVERS for eight years, as a caregiver, a volunteer coordinator, and Board member.

Jack's leisure time is spent with his wife, Laura, a Ventura architect, and their two sons, Bryan, 7, and Bennett, 3. He enjoys coaching Bryan's Little League team, backpacking, flyfishing, wood-working, and reading, when time permits.

Jack still maintains contact with the first person he "had the privilege to serve" as a volunteer, and he has strong feelings about

the need for the service we provide: "Our volunteers and supporters are as generous and caring as any group of people I've ever had the privilege to meet. Their love and dedication directly improves the quality of the lives of our persons served, beyond what words can describe. Our work as CAREGIVERS does make a difference."

With a degree in Mechanical Engineering, Jack is a Technical Sales Engineer for ITT Sherotec.

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 two to eight hours a month to help an elder in need, please call us at 652-0566 for more information.

Thank You, Donors!

YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. (July 1 – September 30, 1994)

Anonymous
 Ms. Catherine Abrams
 Mrs. Gladys Austin
 Ms. Thelda Baker
 Ms. Jeanette Battey
 Mrs. Vivian K. Bostwick
 Ms. Jennie Boyle
 Ms. Fran Brady
 Mr./Mrs. Jesus Camarillo
 Mr. Thomas R. Carr
 Ms. LaVona Carter
 Ms. Myrtle M. Chase
 Chouinard Family Trust
 Mr. Claude Coffman
 Mr./Mrs. James Conroy
 Mrs. Ellen Dick
 Mr./Mrs. Robert Drysdale
 Mr./Mrs. Don Duffey
 Mr./Mrs. Tom FitzGerald
 Ms. Mildred Fletcher
 Mr./Mrs. Thomas Foley
 Ms. Maxine Garcia
 Ms. Taisia Gutu
 Mr. Robert W. Gray
 Mr./Mrs. Floyd G. Hair
 Dr./Mrs. Harvey Harris
 Mr./Mrs. Jim Harrison
 Mr./Mrs. Bill Hendren
 Mrs. Viola Jensen
 Mr./Mrs. Vernon Kelley
 Mr./Mrs. Orville Kyler
 Ms. Maizie Lewis
 Mr./Mrs. Dolph Lowe
 Ms. Esther Lyndon
 Mr./Mrs. Jack Marshall
 Ms. Dicie Marshall
 Mrs. Opal Mason

Mrs. Nell McConaghey
 Ms. Faye McDonald
 Mr./Mrs. James McGahan
 Mrs. Winifred McInnis
 Mr./Mrs. Dean McNulty
 Mrs. Patricia Meredith
 Mr./Mrs. A.A. Milligan
 Mrs. Lael Mitchell
 Mr. Robert Mobley
 Ms. Lupe Morales
 Mr./Mrs. Joseph Moran
 Dr. Daryush J. Parsa
 Mr. Robert Popp
 Ms. Margaret Provence
 Mr. Clarence Robison
 Mr./Mrs. Martin Rooney
 Ms. Wanda Samples
 Ms. Nina Seibel
 Ms. Eva Seymour
 Mr. Dave Silver
 Mrs. Edythe L. Simonson
 Mr./Mrs. Smitty Smith
 Ms. Mildred K. Snowden
 Mrs. Lydia Stanley
 Mrs. Leona Stephens
 Dr./Mrs. Michael Swartout
 Mr. Charles R. Switzer
 Mr. David Talbott
 Mr./Mrs. Allen Trecartin
 Ms. Melba Vanoni
 Mr./Mrs. Stanley Wallace
 Mr./Mrs. Richard
 Wibbelmann
 Mrs. Ann Wibbelmann
 Mr./Mrs. Seiji Yoshioka

ORGANIZATIONS & BUSINESSES

1918 Club, Ventura
 Downtown Lions Club
 Ladies Aux-VFW #1679
 Livingston Memorial
 Foundation
 City of San Buenaventura
 Rotary Club of Ventura
 Swift Memorial Health Care
 Foundation
 Trinity Lutheran Church
 United Way of Santa Barbara
 United Way of Ventura
 County
 Swift Memorial Health Care
 Foundation

IN MEMORY OF...

Fidel Sanchez
 by Mr. Richard Calzada
 Ken Jones
 by Mr./Mrs. Julius Gius
 Jose Gutierrez
 by Mr./Mrs. Jose Gutierrez
 William Kealty
 by Mrs. Hazel Kealty
 Jim McLaughlin
 by Dr./Mrs. Daniel
 Murphy
 A. Dewey Phillips
 by Mrs. Margaret Phillips
 Mauritz (Sandy) Sandoz
 by Mrs. Connie M. Sandoz
 Kathryn Gordon
 by Mr. Bill Schneider

Errol Flynn
 by Ms. Lucille Jennings
 Elizabeth Phillips
 by Mr./Mrs. Dan Stowell
 Alexandrine Perron
 by Mr./Mrs. Dan Stowell
 Jeffrey Tauber
 by Dr./Mrs. Leo Tauber
 Tom Thomas
 by Mr./Mrs. Jerry Thomas
 Lillian Benedict
 by Mr./Mrs. Ron Willis
 Maria Egger
 by Mr./Mrs. Ron Willis
 George Lewis
 by Mr./Mrs. Ron Willis
 Josephine Pelullo
 by Mr./Mrs. Ron Willis

IN HONOR OF...

Ellen and George Appel
 by Mrs. Mavis Barnhill
 Mr./Mrs. David Deitch
 Mrs. Muriel K. Gibbons
 Mr./Mrs. Howard Level
 Mr./Mrs. Bernard Levitt
 Mr./Mrs. Francis
 Robinson
 Mr. Clarence Robison
 Mr./Mrs. Jerry Thomas
 Dr./Mrs. Donald
 Travnick
 Sr. Patricia Callahan
 by Mr./Mrs. Ron Willis
 Ardele and Warren Faue
 by Mr./Mrs. Harry Hines
 Greg Lanigan
 by Mrs. Isabel Prickett

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?

Are You Stumped for a Holiday Gift?

A meaningful way to remember a friend or relative 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 certificate reads: "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.

**We are proud to recognize the work of CAREGIVERS VOLUNTEERS.
Hours of service appear after each name. (July 1993 – June 1994)**

Marilyn Abeloe (80)
Frances Allen (81)
Carol Althoff (756)
Dolly Ambrosini (409)
Diane Aoun (80)
George Appel (514)
Ellen Appel (91)
Mary Ayala (15)
Nancy Ayers (62)

Geneva Babcock (160)
John Baker (80)
Kristin Baker (30)
Catherine Baker (980)
Carol Basralian (133)
Ann Bassett (20)
Jeanette Battey (6)
Janet Bechtel (896)
Jim Becker (82)
Rita Bellini (12)
Lori Berard (152)
Sr. Marilyn Binder (203)
Robyn Birkimer (20)
Frances Blair (98)
Gloria Blocksom (820)
Terry Bowman (112)
Christine Bonilla (123)
Carole Boucher (600)
Jack Bowen (36)
June Brackrog (653)
Fran Brady (137)
Roma Brister (36)
Margaret Broughton (212)
Inez Brush (551)
Claire Bucher (290)
Susan Buchter (724)
Joan Burke (1,122)
Paul Burke (488)
Sandra Butler (1,143)

Virginia Camarillo (296)
Joyce Cantrell (67)
Paul Caron (101)
Cecilia Carranco (26)
LaVona Carter (44)
Jackie Chaudier (67)
John Chaudier (353)
Margie Checchini (179)
Susan Cheek (80)
Lu Chovan (156)
Valerie Clark (681)
Mary Clark (273)
Jack Collings (242)
Charlene Cooper (62)
Susan Cooper (48)
Sophia Cormack (42)
Barbara Coulson (24)
Sharon Corona (41)
Pauline Crowdis (612)
LeVere Crum (202)
Mary Cruz (78)
Chuck Culver (30)

Millie Darter (876)
Carol Day (12)
Hashanti DeSilva (42)
Jeaneene Dikes (80)

Olita Dion (71)
Darlene Dixon (228)
Helen Dowsey (316)
Wayne Dugan (30)
Sr. Barbara Dugan (631)
Jane Dungan (204)
Jesse Dunlap (174)

Mary Eckberg (140)

Ardelle Faue (51)
Diane Federle (577)
Kathryn Ferrier (51)
Sharon Fleur (275)
Blanche Foster (218)
Betty Ford (67)
Louise Forgey (24)
Ruth Frank (48)
Judy Frazier (231)
Robert Fries (984)

Bertha Gaertner (2,281)
Giselle Gallagher (12)
Ethel Gemmill (165)
Christi Gilbert (40)
Margaret Gilliam (48)
Gary Graham (128)
Kathy Gremaud (413)

Barbara Harris (237)
Candy Harris (59)
Mark Hathaway (113)
Gurstle Hartveld (37)
Kathy Henderson (24)
Linda Henry (475)
Fred Hermann (124)
Mary Hoffman (68)
Joanna M. Hoffman (41)
Marcella Hoffman (130)
Mary Jane Hogan (189)
Ann Hoshman (61)
Marian Hovet (44)
Barbara Hubbard (10)
Emma Hurtado (24)
Dorothy Hutchinson (211)

Betty Jeffrey (22)
Chris Jensen (30)
Norris Jensen (143)
Gertrude Johnson (2,880)
Julia Johnson (25)
Rosemary Johnston (558)

Janet Karian (203)
Tom Keane (11)
Sr. Jane Kelly (245)
Lynn Kindred (94)
Melissa Kirkegaard (288)
David Kogel (74)
Joyce Kortas (59)
Orv Kyler (26)

Susan Lacey (62)
Carmela Ladiana (672)
Greg Lanigan (513)
Marlyss Lee (68)
Jeanne Levasseur (38)

Chuck Levasseur (28)
Rachel Lopez (88)
Pat Lopez (120)
Joanne Lowrance (12)
Irene Luizzi (1,070)
Margaret Lyons (20)
Sherry Lyons (150)

Susanne Maas (10)
Mary Mack (54)
Cindy Malecky (74)
Karen Mann (25)
Eleanor Mapes (95)
Valerie Marchais (112)
Sr. Harriet Marie (140)
Anita Martin (12)
Luann Mauck (121)
Mary Jo Maxey (9)
Patricia Meredith (36)
Eleanor McKinnon (40)
Evalena Mitterer (76)
Lester Mitterer (39)
Lupe Morales (33)
Michael Mueller (397)
Kyndle Mulford (72)
Florence Multer (179)
Danitza Munguia (12)
Josefa Myer (64)
Samuel C. Myer (50)
Joan Myers (856)

Bonnie Neil (276)
Kathy Nelson (29)
Nadine Neuhaus (65)
Sr. Sharon Ninteman (109)

Katy O'Donnell (86)
Sheri Oelschlager (38)
Beverly O'Gorman (41)
Cecelia Ollivares (76)
Ann Ontiveros (175)
Ana Orozco (24)
Yvette Ossinalde (187)
Sam Osuna (10)
Elvera Osuna (106)

Helen Palmer (6)
Dawn Pardue (329)
Joelle Pardue (38)
Ken Parsons (433)
Doloris Patrie (43)
Betty Patterson (10)
Susan Percy (328)
Malcolm Peters (148)
Karen Petit (24)
Joan Ploss (408)
Craig Ploss (159)
Maria Pontrelli (284)
Margie Porras (1,114)
Sr. Stephen Purcell (257)

Don Raney (52)
Mickey Rencher (29)
Arline Riland (701)
Matt Robertson (874)
Frances Rodgers (643)
Ann Roina (21)

Joan Rollins (212)
Ed Rose (498)
Vi Ryder (15)

Ginny Sargent (18)
Dodie Schmidt (385)
Edna Schmidt (137)
Dorothy Schupback (355)
Ann Seno (179)
Susanne Sheridan (190)
Esperanza Smith (252)
Lonnie Smith (8)
Doris Smith (635)
Winifred Smith (276)
Mildred Snowden (12)
Mary Solomon (78)
Monica Stallings (9)
Berta Steele (21)
JoAnne Stoeckel (570)
Jerrye Stumpf (140)
Diane Sussman (130)
Sr. Lorna Swisher (53)

Mary Jane Tate (58)
Jerry Thomas (241)
Stephanie Tiffany (71)
Luther Tolo (47)
Deby Tygell (184)

Therese Unzen (52)

Elizabeth Vandenberg (1,114)
Teresa Velasquez (184)

Harry Walsh (95)
Peggy Weigand (282)
Norm Weitzel (225)
Tamara Wells (204)
Eugenie Wheeler (132)
Frank Whitney (20)
Kandy Wilhelm Gedies (41)
Stan Weisel (81)

Keith York (680)
Mary Yoshioka (221)

Theresa Zavala (90)
Kelli Zaehring (80)
Jeffrey Ziegler (78)



A United Way Agency



Address Correction Requested.

Ventura, CA 93001
261 North Catalina Street

CAREGIVERS
Buenaventura Interfaith Volunteer

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



- Volunteer Recognition Dinner
- Pacemakers Restore the Rhythm of Life
- Board Profile—Jack Collings
- Thanks to Donors
- Salute to Volunteers



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

Jack Collings, Chairman
Norman T. Weitzel, Vice-Chairman
Keith York, Secretary
Judith V. Frazier, Treasurer

Sister Marilyn Binder, CSJ

Virginia Camarillo

Jesse Dunlap

Sister Barbara Dugan, CSJ

Sister Sharon M. Ninteman, CSJ

Craig Ploss

David Tipton

Advisory Board

Wayne Dugan
Hon. Susan Lacey
Beverly O'Gorman
Eldon "Pete" Peterson
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
Carol Basralian,
Director of Volunteers
Maria Ridge,
Administrative Assistant
Laine Waggoner and Jim Barker
Newsletter Consultants
Kathryn Nelson,
Program Director,
Santa Paula

Coming Events:

Board Meetings

Thursdays 7:00 a.m.

Nov. 17, Dec. 15, Jan. 19

Holiday Party

for clients and volunteers

Thurs., Dec. 8, noon–4:00 p.m.

at CAREGIVERS

"Friends of CAREGIVERS"

Holiday Gathering

Mon. Dec. 19, 7:00 p.m.

at CAREGIVERS