



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Fall 1995

Volume 12, Number 4

How to Stay Sharp as a Tack

by Laine Waggoner

Some wag once wrote that older people know a lot about the "hereafter." No, he wasn't talking about life after death...but the fact that many of us find ourselves walking into a room or starting to do something and going completely blank. That's when we often ask ourselves, "Now, what was I here-after?" Get it?

I don't know about you, but I personally know quite a lot about that kind of "here-after." Yet I am not alarmed because I know that several encouraging medical studies have recently proved that although it's perfectly normal to forget things, our mental faculties don't have to decline with age.

We can actually enhance our mental function well into our 80's and 90's by keeping our minds active and intellectually challenged. "Use it or lose it" goes the popular saying.

Many brilliant authors, philosophers, historians, statesmen, legislators and just-plain-folks perform at their peak mental



capacity into their 80s and beyond. They keep their minds sharp by never letting them get dull.

"It's just as bad to be mental couch potato as a physical couch potato," wrote K. Warner Schaie, Ph.D. in *New Choices Magazine* (May 1995).

He declares, "You maintain the abilities you use."

Here are a few ways you can keep sharp as a tack:

✧ **Read**—Read the kinds of things you haven't read before. Stretch your mind to explore new disciplines.

✧ **Pick up where you left off with a foreign language** or study a new language. Use tapes or take a course to improve your fluency.

✧ **Write**—Write letters, your memoirs, short stories or a full-length novel. Writing requires ordered thinking.

✧ **Play games** that require thought such as jig-saw and crossword puzzles, chess, backgammon or bridge. Play word games such as Scrabble or anagrams. Bingo isn't enough of a challenge.

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Annual Dinner Salutes Volunteers



The Volunteer Recognition Dinner was enjoyed by (seated, left to right) volunteers Margaret Broughton, Louise Miller, Isabel and David Kogel; as well as (standing) Cecilia Ollivares, Santa Paula Program Director; Dave Tipton, Board Member; and Dorothy Hutchinson, volunteer.



Caitlin O'Leary and Courtney Jaedtke present Board Chairman Norm Weitzel with \$141 that they raised for CAREGIVERS by having garage sales and doing extra chores.

Volunteer Dinner

A festive group of 90 people gathered at the Poinsettia Pavilion on October 15, for the annual CAREGIVERS' Volunteer Recognition Dinner. The Ventura Marina Rotary Club donated and prepared another mouthwatering barbecue dinner that had many people returning for seconds, and the rest of us wishing we had room! Ventura's Royal Bakery and Cafe once again donated a beautiful sheet cake to help us thank our volunteers who do such wonderful work in our community.

Piano entertainment was provided by Ruben Preciado. Martha Buckley sang some wonderful old standard tunes after dinner, with Ken Franklin on keyboard. The appreciative audience joined in with some familiar and nostalgic lyrics.

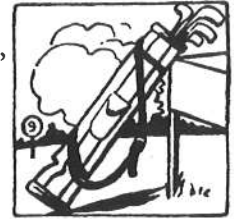
Door prizes included a gift certificate from Longs Drugs, Ventura; manicures by Gail Otten of Club Salon; a massage by Nanci Masulis, R.N., C.M.T.; and wine donated by Judy Frazier. The grand prize of a Spa Day at the Oaks of Ojai, donated by Sheila Cluff, was won by Volunteer Coordinator Dorothy Hutchinson of Santa Paula.

A high point of the evening was presentation of \$141 to CAREGIVERS by Courtney Jaedtke of Ventura and Caitlin O'Leary of Oxnard. These enterprising and generous young ladies raised the money by doing extra chores and organizing two garage sales. Norm Weitzel, Board Chairman, accepted the contribution, expressing our appreciation.

A care recipient writes: *"I am legally blind, so she reads mail to me and writes checks for me. Ann and I have become friends."*

Save March 15 for GOLF!

CAREGIVERS'
4th Annual
Golf
Tournament
Friday, March
15, 1996



A care recipient writes: *"Mary is the most gracious and giving person I have ever known and I do thank you for her help."*



The Marina Rotary Barbecue Crew donated and prepared a delicious tri-tip and chicken dinner to help honor our volunteers.

Tack—Continued from page 1

- ✂ **Travel**—Even a short trip exposes you to new environments, ideas and lifestyles. Or watch travel shows on television.
- ✂ **Seek out intelligent friends.** Gather with people whose minds are active to share gossip or solve the world's problems.
- ✂ **Watch stimulating TV...** that challenges the intellect such as game shows, information, current events and news programs. There's no challenge for your mind in soap operas or sit coms.
- ✂ **Keep making choices.** If you get out of the habit, you lose your decision-making skills.

- ✂ **Stay adaptable and keep a flexible attitude** to welcome any new experiences.

A healthy mind just naturally works better in a healthy body. So exercise regularly, eat a balanced diet, get a good night's sleep and avoid alcohol. Alcohol actually destroys brain cells.

A preventive kind of lifestyle really does pay off, according to a recent study of 30,000 people by Duke University's Center for Demographic Studies.

It shows that with preventive medicine and a healthy lifestyle the aging process can be altered more easily than was once thought. "Twenty or 25 years ago, we thought of an elderly person as someone who was frail and mentally slow," said Kenneth

Manton, a statistician at Duke. "That's changing."

Over the last decade the rates for certain illnesses fell among the older people aged 65 and over in the Duke study. There was less incidence of arteriosclerosis, arthritis, circulatory disease, emphysema and hypertension among them.

Age does not mean an inevitable reduction of mental skills. To stay sharp as a tack, you must make an ongoing effort to use your mind, challenge it and expose it to new ideas.

Background for this article is from the *Camarillo Senior Sentinel* and "Vitality Training for Older Adults, a positive approach to growing older" by Bruno Geba, Random House, 1974.

Executive Director's Message



Pat Meredith, Executive Director

Your generosity has a very positive effect on the lives of the elders we serve. Our recent survey elicited some very heartwarming comments about our volunteers. One that stands out said that our volunteer is "Always cheerful, always a smile...don't take her away from me. She is like a daughter."

We thank everyone who supports our program—especially the volunteers who give so much of themselves. You are special people whose acts of kindness are not random, but purposeful and regular. God bless you.

We'll run other praise as space permits.

None of Us Travels Alone

by Carol Basralian,
Director of Volunteers

If you are a supporter of CAREGIVERS, I want to personally say "Thank you!" Your gifts help to keep our program running smoothly. But, you may not know about the inquiries we receive from out-of-town about local elders who need information and assistance. Here's a sample of inquiries we received in one week:

- A woman calls about her friend, age 80, of Ventura, who is definitely out of food. What can we do for her? She's always been independent, but needs some help now.
- An Ojai woman needs help with cleaning the kitchen. What's available?
- A Ventura woman asks, "How do I get on Meals on Wheels?"
- A niece calls from Ohio: her 93-year-old aunt in Ventura needs a friendly visitor. All her relatives and friends are gone.
- A neighbor in an Oxnard mobile home park asks "Do you have any walkers or a wheelchair for a woman who cannot afford them?" She's 85 and suffering from severe arthritis.

- A Monterey man calls: "What services are available in your area for my 82-year-old aunt?"
- A woman from Oceanside calls about her Dad who has Alzheimer's Disease: "Is there adult day care in Ventura?"

Be assured that each one of these callers was answered with compassion. We were either able to help them directly or connect them with the right person or agency that could be of assistance.

In this way, we are all partners in helping to alleviate problems faced by the elderly.

Caring for others is our privilege and responsibility so that none of us travels alone.



The Medicine Shoppe
1842 East Main Street
Ventura; phone 648-2724

Visit the Medicine Shoppe Pharmacy during November and receive a free *Primetime* Gift pack containing useful product samples, such as *Postum* Instant Hot Beverage, sugar-free *Lifesavers* Delites, *Boost* Nutritional Energy Drink, *Hefty* One Zip Bags, and *Unisom* Sleep Aid; as well as a variety of valuable coupons.



The Circle of Responsibility is a way for us to bring local businesses into the CAREGIVERS family and show our gratitude for their assistance. When you visit a participating business, please introduce yourself and make sure to mention that you read about them in the CAREGIVERS newsletter. Then make a point of going back again. With everyone's help, this can be a mutually beneficial program for CAREGIVERS and for our Circle members.

Have you remembered
CAREGIVERS
in your will?

YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (July – September 1995)

Anonymous
Mr. & Mrs. Lyle Althoff
Richard R. Anderson, M.D.
Mr. & Mrs. John Atkinson
Rev. Msgr. Arnold Biedermann
Susan M. Buchter
Edna Burns
Mr. & Mrs. Bob Camarillo
Myrtle M. Chase
Mr. & Mrs. Claude Coffman
Gertrude Conover
Herman Darrow
Carol Day
Mr. & Mrs. R. H. Drysdale
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Marigold Stroud
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David Talbott
Mr. & Mrs. W. L. Thompson
Virginia Trombley
Mary J. Wallace
Cerilda Walling
Mr. & Mrs. Harry Walsh
Mr. & Mrs. Ron Weinert
Mr. & Mrs. Norm Weitzel
Mr. & Mrs. Richard Wibbelman
Mary & Seiji Yoshioka

ORGANIZATIONS & BUSINESSES
1819 Club of Ventura
American Commercial Bank
Martin V. & Martha K. Smith Foundation
Sisters of the Holy Cross
City of San Buenaventura
Swift Memorial Health Care Foundation

United Way, Los Angeles
United Way of Ventura County

IN MEMORY OF...

Edward Berthon
by Leslie Ann McQuaide
Mary Clark
by Jeanette Battey
Violet Ryder
Jack Childers
by Roxie Graves
Lalla Cook
by Pickens Halt
Ida Cordell
by Dr. & Mrs. Dan Murphy
Goldie Defren
by Berta Steele
Marian Elizabeth Duval
by the District Staff,
Ventura County Air
Pollution Control Division
Clara Glenn
by Dr. & Mrs. Dan Murphy
Sonia Hudgens
by Mr. & Mrs. Dan Stowell
Omie Matisse
by Helen Matisse
Raymond Miller
by Dr. & Mrs. Dan Murphy
Lydia Montgomery
by Marjorie James
Paul Ronan
by Jan Hunter
Steven Michael Sandoz
by Connie Sandoz

Jack Salisbury
by Carol Salisbury
Anna Streleckis
by Mr. & Mrs. Robert Anderson
Mr. & Mrs. Marvin Antijunti
Pam Burke
Joyce Cantrell
Assumption Catholic Church Christian Service Committee
Mr. & Mrs. Warren Faue
Mildred Johnson
Mr. & Mrs. Ed Jones & Amy
Sr. Jane Kelly
Josephine Kida
Nell & Peter Knusto
Paula Lee
Faye L. McDonald
Josephine Mendel
Patricia Meredith
Florence Multer
Dolores Patrie
Mr. & Mrs. Paul Posakony
Ann Sessa
Jacquelyn Tarallo

IN HONOR OF...

Susan Buchter
by Gladyce Manville
Ardelle Faue
by Dee Ambrosini
Mr. & Mrs. Les Vielbig
Sr. Jane Kelly
by Joyce Cantrell
Joyce Kortas
by Family of Jennie Boyle

Honor Loved Ones for the Holidays

Is there a birthday, anniversary, or special occasion coming up and you're stumped for a gift idea? Honor that special friend or relative and make a real difference in the lives of others by donating in their names to CAREGIVERS' honorary gift and memorial program. It allows you to support our volunteer assistance to frail, homebound elderly in the name of the person you wish to honor.

Please send your gift to CAREGIVERS along with a note stating the name of the person who is to be honored or remembered, or call us to send you a

donor envelope with all necessary information. We will send notification of the honorary gift (but not the amount) to the honoree. Notification of the memorial gift will be sent to the family of the deceased.

Send gifts to: CAREGIVERS, 261 N. Catalina Street, Ventura, 93001; or call 652-0566.

A care recipient writes: "I don't know how I would manage and keep going without her help and wonderful kindness. Joan has become my family, also her husband. They are wonderful, loving people."



Happy Holidays to all, and may 1996 be a year of peace, love, and joy.

Meet the Board



Jesse Dunlap is a retired United States Air Force sergeant whose 30-year career included 11 years living in Korea and the Philippines. Upon retirement, he and his wife Kay relocated to Camarillo, where Jesse lost no time in becoming involved in community activities.

Jesse served for eight years on the County Area Agency on Aging Advisory Board, including three years as chairman, and was a recipient of the Agency's Outstanding Service Award. His focus was on the critical senior issues of health care, transportation, and affordable health care.

Jesse has served on the CAREGIVERS Board of Directors for three years. In addition to his work on behalf of seniors, Jesse is active in the Air Force Sergeants Association and has been involved with 4-H and the Future Farmers of America.

FALL SALE

Come to our second annual rummage sale on Friday and Saturday, November 17 and 18 from 9 a.m. to 2 p.m. at CAREGIVERS, 261 North Catalina Street, Ventura. It is sponsored by the newly-formed "Friends of CAREGIVERS."

We need your usable housewares, bric-a-brac, pictures, working small appliances, toys, books, tools, and "treasures." We cannot take clothing or large appliances.

Call us at 652-0566 to arrange to bring your contributions to the office (address above) between 9 a.m. and 5 p.m. weekdays. If it is impossible for you to bring them in, please call and we will pick them up.

Save the Date!

Sunday, February 25 at 3 p.m.

To benefit CAREGIVERS, pianist Lincoln Mayorga will play the music of "Gershwin and Friends" at First United Methodist Church, Ventura.



For Your Information

- ☛ The Alzheimers Association of Ventura County offers Family Support Groups in Camarillo, Ojai, Oxnard, Simi Valley, Thousand Oaks, and Ventura. Call 643-2614 for information.
- ☛ All elderly and disabled people are invited to the monthly Handicapables luncheon on November 18, at St. Anthony's, Santa Clara High School in Oxnard. The December 9 luncheon will be at St. John's Regional Medical Center, also in Oxnard. Call 499-4437 for information.



You are invited to
CAREGIVERS' Holiday
Open House Thursday,
December 7, Noon to 4 p.m.
at 261 North Catalina
Street, Ventura
R.S.V.P. by December 4:
652-0566

Become a Volunteer or Join "Friends of CAREGIVERS"

We always need volunteers to help elders in need.

If you cannot volunteer as a one-to-one CAREGIVER, but would still like to help the program in other ways, join "Friends of CAREGIVERS," an auxiliary group which provides support for community awareness and fund-raising events. To find out more or to join, please call the office at 652-0566.

NON-PROFIT ORGANIZATION
US POSTAGE
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VENTURA CA

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

- How to be Sharp as a Tack
- Volunteer Dinner
- None of Us Travels Alone
- Circle of Responsibility
- New Board Member

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

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Judith V. Frazier, Treasurer

Sister Marilyn Binder, CSJ

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Director of Volunteers
Cecilia Ollivares,
Santa Paula Program Director
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Newsletter Editor
Jim Barker,
Newsletter Designer

In Ventura:
(805) 652-0566
In Santa Paula:
(805) 525-5006
In Fillmore:
(805) 524-5665



Coming Events:

Board Meetings
Thursdays 7:00 a.m.
Nov. 16/Dec. 21/Jan. 18

"Treasure" Sale
Nov. 17 & 18, 9 a.m. - 2 p.m.
CAREGIVERS Office

Holiday Open House
Thurs., Dec. 7, Noon to 4 p.m.
CAREGIVERS Office

Benefit Concert
Lincoln Mayorga, pianist
"Gershwin & Friends"
Sun. Feb. 25, 1996

4th Annual Golf Tournament
Fri., Mar. 15, 1996

