



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Fall 1999

Volume 16, Number 4

CAREGIVERS Volunteer Recognition Dinner



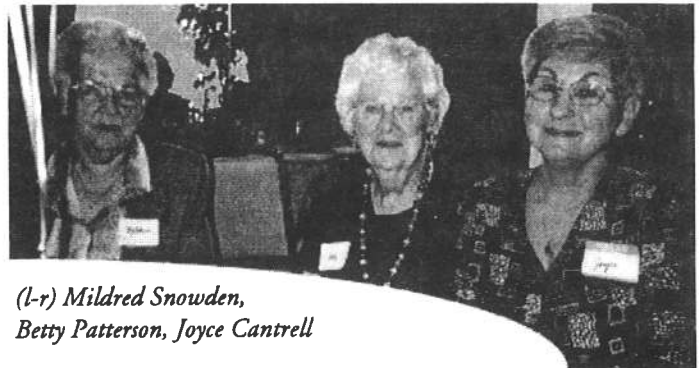
(l-r) Bertie Gaertner, Agnes Sylvester, Eleanor Sanger

provided by the Royal Bakery. Raffle prizes were donated by Wal-Mart, Long's Drugs, and College Care Pharmacy.

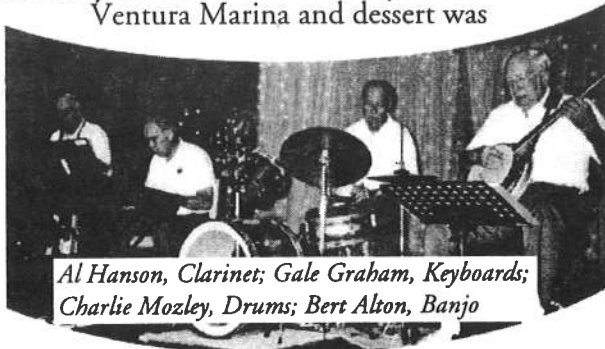
A four-piece combo consisting of Al Hanson on clarinet, Gale Graham on keyboards, Charlie Mozley on drums, and Bert Alton on banjo provided toe-tapping music that put a smile on everyone's face.

Board chairperson Judy Frazier and Director of Volunteers Carol Basralian thanked the volunteers for

A lively crowd of about 80 people gathered at the Poinsettia Pavilion on October 17 for the annual CAREGIVERS Volunteer Recognition Dinner. A wonderful barbecue dinner was once again donated, prepared and served by members of the Rotary Club of the Ventura Marina and dessert was



(l-r) Mildred Snowden, Betty Patterson, Joyce Cantrell



Al Hanson, Clarinet; Gale Graham, Keyboards; Charlie Mozley, Drums; Bert Alton, Banjo

their many hours of service to the elders in our program. Jesse Dunlap gave the invocation, and Keith York read a closing tribute to all caregivers.

We thank all who contributed to the success of this very special event. ♥

CAREGIVERS, "You're the Greatest!"

By Carol Basralian, Director of Volunteers

Not everyone can be a volunteer for CAREGIVERS. It takes a very special person to reach out to the lonely housebound senior. You have learned that you can benefit from their wisdom and experience as they relate their unique life stories to you. You take the time to *listen*. You have also learned that helping someone cope during a particularly fearful time in their life is very rewarding.

More and more elders are facing outpatient surgeries and



spending less time in hospitals. Imagine finding yourself in your late 80's, alone in this world with the probability of going through some sort of surgery. Wouldn't that be frightening? But, with the help of CAREGIVERS volunteers by their side, many seniors are being comforted and having surgery with a renewed sense of hope for the future.

The most common outpatient surgery we've helped with is the cataract procedure. What a joy it is when our seniors can see better! Many regain the ability to be able

Continued on page 5

Mayorga Concert a Rousing Success

By Chuck Thomas

Lincoln Mayorga's September 26 concert on behalf of CAREGIVERS was so well received that some members of the audience asked him if they could buy a CD of the program. Since this was his first performance of "The Hollywood Connection," he told them the program needed more polishing before it would be ready for recording. The comment was typical of Lincoln's modesty, though any need to fine-tune the program was certainly not apparent to the audience.

In his usual informative and amusing manner, Lincoln traced the role of music in motion pictures from the first song ever recorded on screen, Al Jolson singing "Mammy," to the present day. He spiced his narrative with anecdotes about his decades of association with movie music, including his years as the principal pianist for Disney Studios, to his



work with many of Hollywood's most famous composers.

Lincoln's program ran the gamut from John Williams' stirring "Star Wars" theme to David Rose's humorous homage to burlesque, "The Stripper." Other composers given special attention included Harry Warren, Johnny Mandel, Randy Newman—whose uncle, Alfred Newman, is among the most revered of movie composers—and multi-Oscar winner Henry Mancini. The tribute to Mr.

Mancini was particularly timely, since Lincoln had recently premiered his own piano concerto, "Angel's Flight," at the Mancini Institute at UCLA.

Lincoln's always impeccable piano interpretations were punctuated with a few vocals, offered with self-effacing apologies. He sang "Mammy" for laughs, without getting down on one knee à la Jolson, and was quite touching with the vocal

rendition of his own composition, "Shadows on a Screen," describing how movies are the stuff that dreams are made of.

As always, Lincoln graciously lingered at the ensuing reception, signing autographs and chatting with dozens of his fans.

Radio station KCLU at California Lutheran University sponsored the event, along with the Ventura County Church of Religious Science, which offered a setting that was both picturesque and intimate. ♥

New Communication Program offers Hearing Loss Assistance

By Laine Waggoner, M.A.

I am extremely excited to announce that Morbrook Institute in Camarillo has generously offered to provide a home for HEAR, Hearing-loss Education, Assistance & Resources, a new center for hearing loss information. This has been a long-held dream of mine.

There is no local center that exclusively provides services for the one in 10 of the population with hearing loss. Although the hard of hearing outnumber the deaf by about 12 to one, most community services are for the deaf.

In my counseling practice, I usually see people who are over-50. In this age group, about 50

percent are dealing with acquired or late-onset hearing loss due to aging and exposure to noise. A staggering 80 to 90 percent of those in the over-80 age group have significant hearing losses.

Hearing loss Education & Assistance Resources is for anyone who wants more information about hearing loss. It offers referrals to hearing health care professionals, counseling about the emotional and social impact of hearing loss for individuals, families, co-workers, and information about buying and adjusting to hearing aids. HEAR's education

component includes teaching communication strategies and coping skills for living with hearing loss, assertiveness training, staff training of professionals and health care workers, information about assistive listening devices and "Listen up" support groups which will begin in early 2000.

Morbrook Institute is currently working on ways to make our HEAR center a permanent reality by seeking funding from individuals, interested charitable foundations and businesses. When funding permits, we will add more HEAR services, such as fascinating speakers, classes in sign language and speech-reading (lip reading) and a new demonstration and sales center for assistive listening and

Continued on page 3

Executive Director's Message



Pat Meredith



Continued from page 2 – "HEAR"

alerting devices, books and videotapes, which we will call "Beyond Hearing Aids."

An adjunct program provides training in interpersonal communication for hearing individuals, couples, families and business people. Its purpose is to enhance relationships and improve productivity in the workplace through more effective communication.

For more information, write Laine Waggoner at Morbrook Institute, 333 Lantana Street, Ste. 102, Camarillo, CA 93010 or phone 484-9980, Ext. 21. Morbrook Institute, a 501(c)(3) non-profit corporation, accepts tax-deductible gifts. ♥



Common Reactions to Communication Problems

Physical:

- Tension
- Fatigue
- Indigestion
- High Blood Pressure
- Headaches
- Neck Aches
- Low Tolerance for Loud Noises
- Sleeping Problems
- Appetite Changes
- Increased Use of Coffee, Alcohol or Drugs

Emotional:

- Anxiety
- Depression
- Anger
- Impatience
- Embarrassment
- Low Self Esteem

Social:

- Misunderstandings
- Loss of Intimacy
- Conflict
- Silence
- Withdrawal
- Bad Temper

You Can Make a Difference by Giving to the United Way Campaign

Americans have always been volunteers and supporters of charities. Nowhere is there greater evidence of this than in the vitality of the United Way movement.

United Way was established more than 100 years ago to help the less fortunate. It proves that, by working together within their communities, people can improve the quality of life. By combining volunteer services and dollars, United Way sees to it that vitally-needed support is given to senior and youth services, health care agencies, disaster preparedness and response programs. The money that is raised in Ventura County stays right here to assist local people. At least 250,000 county residents receive services from United Way-funded agencies each year.

United Way of Ventura County is providing nearly \$10,000 to CAREGIVERS this year. Please make a generous contribution to this year's campaign. You can make a differences for CAREGIVERS and for your community! Call the United Way office at 485-6288 for more information and a brochure detailing the 55 local agencies it supports. ♥

Valued CAREGIVERS Supporters

Sara Care
Sarah J. Hardcastle
Registered Conservator

Post Office Box 5039
 Ventura, CA 93004-5039

(805) 984-2860
 Toll-Free: 1-888-327-6485

A court-appointed personal/financial case manager for people in need.

Carefree Travel

Lillian Pressel
 Owner

4080 Loma Vista Rd., Suite E
 Ventura, CA 93003

(805) 644-7688
 FAX (805) 644-1833

Custom Awards & Engraving
 4572 Telephone Rd. #905 Fax (805) 658-2108
 Ventura, Calif. 93003 (805) 658-2139

WE ARE PLEASED TO SUPPORT CAREGIVERS!

YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (July - September, 1999)

Mr. Rodger Adams
 Ms. Dee Ambrosini
 Dr. Richard R. Anderson
 Mr. & Mrs. George Appel
 Mr. & Mrs. John F. Aspell
 Ms. Geneva B. Babcock
 Ms. Barbara J. Backus
 Ms. Carol Basralian
 Ms. Jeanette C. Battey
 Mr. Frank Beauregard
 Ms. Judith A. Brenner
 Mr. William E. Button
 Ms. LaVona Isabelle Carter
 Mr. Bruce E. Clark
 Mr. Walter J. Clark
 Mr. Claude C. Coffman
 Mrs. Dessie M. Cribbs
 Mr. Bernard DeMatteo
 Ms. Orinda Dean
 Mr. A. DeSilva
 Mrs. Claire Drysdale
 Mrs. Jane Dungan
 Mr. & Mrs. J. Richard Ellis
 Mr. George Espinoza
 Mrs. Jeanette Faria
 Mr. & Mrs. Warren G. Faue
 Ms. Sylvia Forbes
 Ms. Mariam M. Fraker
 Mr. Bob Fraley
 Ms. Judith V. Frazier
 Mr. & Mrs. Harold W. Fulkerson
 Ms. Trudy Goldstein
 Mr. & Mrs. Ysmael C. Gonzales, Jr.
 Ms. Jean Goodell
 Ms. Evelyn M. Grove
 Mr. & Mrs. Edward A. Hall
 Ms. Helen M. Hargreaves
 Ms. Janita Hauer
 Ms. Bonnie Hobbs
 Mr. & Mrs. Richard H. Hougardy
 Mrs. Diane Hubbard
 Ms. Margaret L. Isbell

Ms. Mary E. Jackson
 Ms. Nancy J. Kelley
 Mr. & Mrs. Andy Killion
 Ms. Donna J. Kimber
 Ms. Lenora Kirby
 Mr. & Mrs. William S. Kirk
 Mr. Harold Knight
 Mr. Warren Kragh
 Mr. Kenneth T. Landberg, Jr.
 Ms. Isabel Levitt
 Ms. Cecilia Macias
 Ms. Dicie C. Marshall
 Mr. & Mrs. John O. Marshall
 Ms. Faye McDonald
 Mr. & Mrs. William C. McKee
 Mr. & Mrs. Ernie Melonas
 Ms. Patricia B. Meredith
 Ms. Ruth S. Miller
 Mr. A. A. Milligan
 Mrs. Florence M. Multer
 Ms. Johanna Overby
 Mrs. Jean Parcher
 Ms. Claudia E. Parker
 Ms. Emma Patterson
 Mrs. Mariaemma Pellulo-Willis
 Ms. Kay Peterson
 Ms. Joan C. Ramsaur
 Ms. Judith Rodman
 Mr. Robert E. Rolens
 Ms. Emma K. Romp
 Mr. & Mrs. Martin A. Rooney
 Ms. Violet Ryder
 Ms. Bernice Schlichter
 Ms. Kathryn A. Schultz
 Ms. Kathleen M. Scott
 Ms. Karen Senchack
 Ms. Elva Mae Smith
 Ms. Berta Steele
 Ms. Leona Stephens
 Mr. Jack Stethem
 Ms. B. Tracy Susman
 Mr. & Mrs. Robert H. Swanson

Mr. C.H. Thomas
 Mr. Bruce A. Thompson
 Mr. & Mrs. David Tipton
 Mr. Frederick A. Ulam
 Mr. Daniel F. Vreeland
 Ms. Mary J. Wallace
 Mr. Henry J. Walsh
 Mr. & Mrs. Norman T. Weitzel
 Mrs. Dorothy Whiteman
 Mr. & Mrs. Richard Wibbelman
 Mr. Roger G. Wilson
 Mr. Reg Wood
 Mr. & Mrs. Seiji Yoshioka

Ms. Dorothy A. Collieran
 Mr. & Mrs. Charles W. Dugan
 Mr. & Mrs. Charles Gallardo
 Mr. & Mrs. Vilas Lockridge
 Ms. Joan Hogan
 Mr. & Mrs. Bill G. Lind
 Mr. & Mrs. Alphonse Marra
 Ms. Edna Mae McMaster
 Ms. May McMillan
 Ms. Edith Trunkey
 Mr. & Mrs. Bruce A. Nelson
 Mr. & Mrs. Tom Osumi
 Mr. & Mrs. Robert Ramsey
 Mr. & Mrs. William F. Wray
 Louise G. Miller
 By Ms. Margaret Broughton
 Mr. & Mrs. Donald R. Cole
 Ms. Christine Cooke
 Clara Nicolini
 By Mr. & Mrs. Martin Rooney
 Joey A. Obiols
 By Ms. Mary L. Hoffman
 Loved Ones
 By Mrs. Margaret A. Griffith
 Phyllis Stauffer
 By Mr. & Mrs. Donald L. Benton
 Emanuel Tanchuck
 By Mr. & Mrs. Mark Tanchuk
 Patricia Troxell
 By Mr. & Mrs. Dan Stowell
 Mr. & Mrs. Richard Wibbelmann
 Alice Wright
 By Ms. Jane R. Yasukochi

ORGANIZATIONS & BUSINESSES
 1918 Club, Ventura
 Carefree Travel, Ventura
 City of San Buenaventura
 KCLU Radio, Thousand Oaks
 Kiwanis Club of East Ventura
 Paychex, Ventura
 Sisters of the Holy Cross, Inc., Ventura
 Swift Memorial Health Care Foundation
 United Way of Los Angeles
 VCNet, Camarillo

IN MEMORY OF...
 E. Pearl Bauer
 By Mr. & Mrs. Donald F. Mills
 Margaret Flynn Doctorman
 By Mr. & Mrs. James L. Basso
 Margaret (Kelly) Hill
 By Ms. Dorothy Laubacher
 Ms. Genevieve L. Basso
 Trudie Holts
 By Mrs. Evelyn Bryant
 Norris Jensen
 By Mr. & Mrs. P.E. Backrog
 Ms. Suzanne G. Clark

IN HONOR OF...
 Friends of the Library
 By Ms. Johanna Overby
 Jose Gutierrez, Jr.
 By Mr. & Mrs. Jose O. Gutierrez
 Mary Roach
 By Mr. & Mrs. James R. Nobben

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. Every gift will be promptly acknowledged. All donations are tax-deductible. Please make checks payable to CAREGIVERS. Call us at 658-8530 for more details.

Endowment Fund Builds for the Future

To ensure that CAREGIVERS' services will be available to residents of Ventura County far into the future, our board of directors, in 1997, established the CAREGIVERS Endowment Fund with the Ventura County Community Foundation.

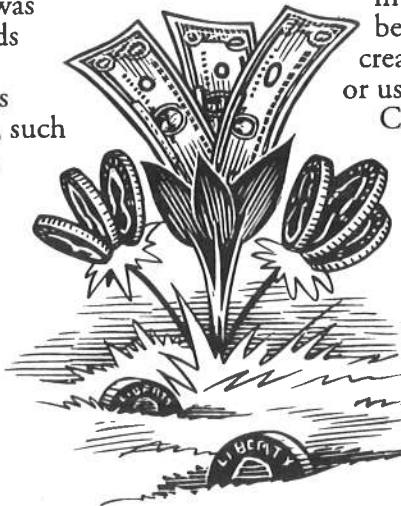
The Endowment Fund was opened with reserve funds and will be built from outright gifts and various forms of deferred giving, such as tax-exempt charitable remainder trusts. Such trusts enable donors to eliminate capital gains taxes on appreciated assets and increase their current income.

The Endowment Fund is absolutely necessary to maintain CAREGIVERS' finan-

cial viability in future years. It will be a growing fund over the long term. The principal will be left intact to earn interest and may not be disturbed. In this way, donors may be assured that their contributions will be used in the future as they have stipulated. The

interest income may either be left each year to increase the value of the fund or used to benefit the CAREGIVERS program and the people who receive our services.

If you are interested in making a gift to the Endowment Fund, or if you would like information on how to include CAREGIVERS in your will or estate plan, please contact Pat Meredith at 658-8530.



CAREGIVERS Benefactors (Gifts of \$1,000 or more, donated during the past year)

American Medical Response
Amgen Foundation
Archstone Foundation
AT&T Wireless Services
Beazer Homes Southern California
Carrie Estelle Doheny Foundation
City of San Buenaventura
George Espinoza
Livingston Memorial Foundation
Pacific Bell
S. Mark Taper Foundation
Santa Barbara Bank & Trust
Bernice and the late Rupert Schlichter
Sisters of St. Joseph of Carondelet
Martin V. and Martha K. Smith Foundation
Swift Memorial Health Care Foundation
Mr. & Mrs. Roy K. Todd
Trinity Lutheran Church
United Way of Ventura County
Judith & Leslie Vielbig
Norm & Lynn Weitzel
Vance, Thrift & Biller
Wood-Claeyssens Foundation



Continued from page 1 – "YOU'RE THE GREATEST"

to take care of themselves and their homes again, thereby helping them to remain in their homes.

Do you realize that you sometimes prevent elder abuse by just your presence in their lives every week? Some of the elders I have interviewed have intimated to me that their own grandchildren were taking advantage of them, but they beg me not to tell anyone...I always drop off a pamphlet from Adult Protective Services which lists what they can do about it if they want to. Next, I place a CAREGIVERS volunteer into the situation and often, voilà, the abuse stops. Why? Because an outsider has come into the picture. The seniors are saved from the embarrassment of an ordeal with their families and the taxpayers have been saved the money it would have taken to prosecute them. Everyone wins. What a wonderful service you are giving to the community!

The elderly population will nearly double in the next 20 years. With diminished income, loss of family members and friends and no transportation, to whom are these seniors going to turn?

The Golden Rule states, "Do unto others as you would have them do unto you." Spread the good news about CAREGIVERS volunteers assisting the elderly. Thank you for your ongoing compassionate giving. Know that it is appreciated and you continue to be our most valuable asset.

Special numbers you may need to report elder abuse:

Adult Protective Services: 654-3233

D.A. Victim Services: 654-3622

Happy Holidays from the CAREGIVERS staff:

Pat, Carol, Cecilia, Beth



Help Desperately Needed

Would you like to...

- Give service to your community?
- Have a rewarding volunteer experience?
- Use your talents and abilities to help an elderly person?
- Make a new friend?
- Be free to set your own hours of service?
- Work independently but with plenty of support?
- Be challenged and greatly appreciated?
- Feel good about yourself?

Call CAREGIVERS at 658-8530 to find out about volunteer opportunities. We need you!



Special Thanks to Special People

...to Jymme Taylor, Ventura County Church of Religious Science, for assistance above and beyond the call with our Lincoln Mayorga event.

...to mailing volunteers Dora Green, Florence Multer, Bertie Gaertner, Dee Ambrosini, Bill De Nicholas, Claire Bucher.

...to Jim Barker and his son Scott, for invaluable advice and assistance with our computers.

Please help to ensure that this program will continue into the future by remembering CAREGIVERS in your will or trust.

Coming Events:

Board Meetings
 Thursdays 7:30 a.m.
 Nov. 18, Jan. 27, Feb. 24



Save the Date!
 8th Annual "Wearin' o' the Green"
 Golf Tournament
 Friday, March 17, 2000
 Buena Ventura Golf Course
 Wedgewood Banquet Center

CAREGIVERS
 VOLUNTEERS ASSISTING THE ELDERLY
 2021 Sperry Avenue, Suite 47
 Ventura, CA 93003-7417
 RETURN SERVICE REQUESTED.



CAREGIVERS' MISSION - To provide a reliable personal relationship between one volunteer and one elder in need of assistance. Without the kind of neighborhoodly services we offer, frail elders may find themselves living in unfamiliar, impersonal institutions, with a debilitating sense of having lost both independence and dignity. CAREGIVERS, an interfaith effort, matches volunteers with elders who need non-medical assistance, thereby permitting many of them to remain in the familiar and cherished surroundings of their own homes longer than would otherwise be possible.

CAREGIVERS is sponsored by the Sisters of St. Joseph of Carondelet and is grateful for the support of Trinity Lutheran Church, Ventura; First United Methodist Church, Ventura; Sisters of the Holy Cross; National Council of Jewish Women; First United Methodist Women, Ventura; First Presbyterian Church, Santa Paula; Ventura County Church of Religious Science; and the Aid Association for Lutherans.

Board of Directors
 Judith V. Frazier, *Chairman*
 Norman T. Weitzel, *Vice-Chairman*
 S. Barbara Dugan, *CSJ, Secretary*
 Keith York, *Treasurer*
 Roderick E. Brown
 Ginny Camarillo
 Jesse Dunlap
 Norma Fulkerson
 Andy Killion
 Lisa LoVallo
 Cecilia Macias
 Ernie Melonas
 Lylian Pressel
 Hon. Jack Tingstrom
 David Tipton



Advisory Board
 Wayne Dugan
 Hon. Susan Lacey
 Bob Lynn
 Jay Midgley
 Jerry Mikus
 Luther Tolo
 Mike Tracy
 Hon. Harry Walsh

In Ventura:
 (805) 658-8530
In Santa Paula:
 (805) 525-5006

Staff
 Patricia B. Meredith, *Executive Director*
 Carol Basralian, *Director of Volunteers*
 Cecilia Olivares, *Santa Paula Program Director*
 Beth Cannon,
 Administrative Assistants
 Laine Waggoner,
 Newsletter Editor
 Jim Barker,
 Newsletter Designer

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