



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Fall 2001

Volume 18, Number 3

10 Sure Ways to Manage Stress During the Holidays

Upon awakening, focus on the meaning of the holidays, the joy you can give to others and the positive things you can be thankful for that are currently happening in your life.

At the first signs of anxiety of stress, take a deep breath and release tensions and frustrations. Utilize this deep breathing technique often and especially when waiting in lines and stuck in traffic.

Organize your time and days. Have all your shopping and commitments done early so you don't put undue pressure on yourself or others.

Don't wait until you are about

to explode before talking about the stress you are experiencing. Talk to friends and family or seek professional help. Don't worry;

know everything will work out. A good cry can help to relieve bottled-up stress.

Remember to use your sense of humor, have fun and smile. A smile sends a message to the brain that everything is OK.

Relax on a daily basis. Take a bath, exercise, listen to relaxing music, daydream about a relaxing experience, or

mentally go over your body relaxing all the muscles.

Get more than enough sleep and use moderation in eating and

drinking. Don't abuse yourself and then feel sorry later.

Do the best with the funds you can afford. The price of the gift is not as important as the caring and loving thoughts. You can give a gift of yourself by doing something special for those in your life.

When confronting a stressful situation, remember you are in control and can choose just how you will respond. Take a deep breath and choose the most compassionate manner in which to solve the problem. You and everyone else will benefit from your ability to successfully handle the stresses of this special season.

Make contact with your own spirituality and extend it to others. Be an example and treat people the way you would like to be treated. ♥

From Burbank "Best of Times."



Significant Saturdays

by Carol Boatner

About a year ago, Anna Maria Dato walked into our CAREGIVERS office. Her position of sales representative at Paychex brought her here. She was so impressed by our program, she decided she could certainly volunteer a few hours on the weekends to help a homebound senior.

Anna hails from the northeast area of the country—Rockville, Maryland. After high school, she had a few interesting jobs, but then enlisted in the Navy for 5 years working on avionics equipment for military aircraft. As Anna relays it, "The Navy gave me the opportunity to live overseas in Japan and many places in the United States, including California. I loved the energy of working on the flight line, but after living away from home those 5 years, I was ready to return to



Maryland to be close to my family. I stayed home for awhile until a friend lured me back to the beautiful state of California, eventually settling in Ventura."

Anna happily agreed to visit 90-year old Evelyn Ward on Saturdays, and found a very nurturing relationship. She soon found out that Evelyn had also led a very interesting life. She was

born in Indiana on September 5, 1910, the oldest of five children. At 7 years of age, she discovered that she had a gift and an ear for music. So, under the guidance of her grandfather, a music professor, she learned to play the piano. Eventually, she was able to play nine other instruments. With much trepidation, she left home traveling to Los Angeles to attend Life Bible College.

Amazingly, at the ripe old age of 22, she became an ordained minister. Her first pastoral job was in a church in Chappel, Nebraska. It was during this time that she met and married her husband, Landis. As Evelyn says, "It was love at first sight!" During the war years, he was in the Coast Guard. When he was released

Continued on page 6

17th Annual Volunteer Recognition Dinner Celebrated

On October 21, CAREGIVERS honored their very special volunteers with a barbecue dinner at the Poinsettia Pavilion in Ventura. During the past year, our compassionate volunteers gave 46,200 hours of free assistance to the seniors of our community and drove 94,806 miles so that they could receive the medical care they needed or pick up their weekly food supply.



Eric Patterson, Presidents of Ventura Marina Rotary Club serving volunteers

We are so grateful for Eric Patterson and the members of the Ventura Marina Rotary Club for buying, preparing and serving the tri-tip and chicken dinner for the 11th year. Also, for the 11th



Volunteers Barbara Conners, Sr. Barbara, Jeanne Levasseur

year, our friend, Oscar Esmaili, owner of the Royal Bakery and Café, donated the dessert, a luscious lemon sheet cake that was hastily devoured by our happy volunteers after the meal.

The tables were decorated in orange linen with beautiful fall flower centerpieces. Each volunteer had an individual truffle at each plate donated by Cathryn Rives of See's Candies.

The musical entertainment for the evening was furnished by Freddie and His Friends, a swing band consisting of Bill Schneider; his son, Bill Jr.; Ben Medrano; Chuck Mozley; Fred Galloway and Gale Graham. Everyone enjoyed their familiar tunes.

To conclude the evening's festivities, about 12 surprise gifts were given away. Carrows Restaurant on Telegraph Road in Ventura cheerfully donated two free lunches.

Please let the Royal Bakery, See's Candies and Carrows Restaurant know how much you appreciate their support of CAREGIVERS.



Norm Weitzel, Board Chairman and Eric Patterson, President of Ventura Marina Rotary Club

We deeply appreciated having the following students from St. Bonaventure's Interact Club participate in the setup of the room and help with the cleanup afterwards: Rachel Pleis, Sara Houser, Kelly Mazurek, Rebekah Pleis, Alexis Stevenson, Ariel Stevenson, Steph Lopez and Jezmin Fuentes.

The program ran smoothly because of the following CAREGIVERS Board Members: Norm Weitzel, Keith York, Ginny Camarillo, Cie Macias, Lisa LoVollo and Sister Barbara Dugan. Volunteers Dee Ambrosini, Barbara Conners, Maureen Hening and Tom Leese also helped to make the evening a great success.

Sincere *Thanks!* to all who donated their time, talents and services to us so that we could celebrate another fruitful year of giving. ♥



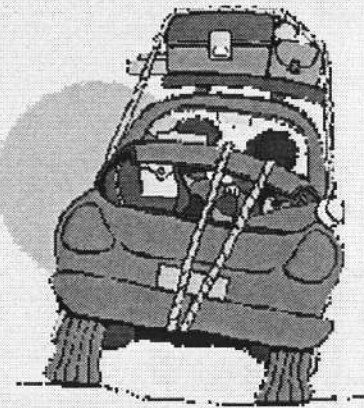
CAREGIVERS Office Moving to New Quarters

As of January 1, 2002, CAREGIVERS will move into a larger office space. As much as we love our present location, we are very cramped for space. Our new address will be:

**1765 Goodyear, #204 & #205
Ventura, CA 93003**

**Our telephone number will remain the same:
(805) 658-8530.**

Please come and visit us when you are in the area. Our new office is in the Harbor View Business Park, near the corner of Market and Goodyear. Our offices face onto Goodyear. We think it is a good omen for a GOOD YEAR!



\$10,000 Grant to CAREGIVERS

Ventura County Community Foundation, Community Needs Response Fund Awards Grant for New Youth Program

All of us at CAREGIVERS are very excited and grateful to the Ventura County Community Foundation for its award of a \$10,000 grant to be used for our new "Building Bridges" Intergenerational Program. These funds will allow us to begin immediately to find a Youth Coordinator so that we can get the program off the ground. We are still seeking \$20,000 for the balance of the costs of this program through grants, businesses and individual donations.

Our goal is to begin the program at Saint Bonaventure High School in January, 2002. Once we hire and train a Youth Coordinator, we will recruit 12 to 15 students who will be trained to assist the elderly. They will do such tasks as errands, yard work, reading, writing, etc. This program will benefit everyone involved. Students will benefit from an increased understanding of the problems of aging, as well as

from the perspectives and wisdom of the seniors. Seniors will benefit from the in-home assistance the students provide, as well as from their energy and enthusiasm. The program will "build a bridge" between the young and the old and help to break down some of the barriers of fear and prejudice that exist between them. Finally, students will earn community service credits which they need to graduate. ♥



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YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (July - October, 2001)

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 By Barbara Weinberg & Tom
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 By Louise Moore
VEHICLE DONATIONS
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 Mr. & Mrs. Alvin Course
 Mr. & Mrs. Brandon Young

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.

Tenth Anniversary "Wearin' o' The Green" Golf Tournament

Many of you have played in this popular St. Patrick's Day Golf Tournament every year, for the past nine years, and know what a great day it is. To mark this very special occasion, CAREGIVERS will celebrate the Tenth Anniversary "Wearin' o' the Green" Golf Tournament at the beautiful and prestigious Spanish Hills Country Club on Monday, March 11, 2002. We invite you all to come out and join us for a "bit of the blarney." It will be a



day filled with fun, laughter, great food, challenges, games and giveaways. The cost for golfers is \$150, which includes range balls, green fees, cart, contests, great raffle prizes, an Irish buffet dinner and a live auction. This is the biggest "sold out" fund-raiser for CAREGIVERS each year, so we strongly suggest that you make your reservations *now*. If you don't play golf, then join us for the festivities after the golf game at 5 p.m. for a no-host bar, entertainment, more raffle prizes, live auction and a wonderful dinner. Cost is \$35 per person. If you can donate a prize for the raffle, the golfer bags or the auction, please call our office at (805) 658-8530. ♥

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

Executive Director's Message

by Barbara Weinberg

The Holiday Season is upon us as I write. While our country has been through so much trauma, fear and loss, most of us still have much to be grateful for. At CAREGIVERS, the love and compassion of our volunteers for their homebound "friends" is truly inspiring. I have seen so many wonderful "matches" between our volunteers and clients that have touched me deeply and that have truly enhanced the lives of not only our elderly clients, but our volunteers as well. It is a privilege to be a part of CAREGIVERS and to be able to do work that makes such a significant impact on the lives of those who are under-served and isolated because they can no longer drive and are too frail to take public transportation.

CAREGIVERS' aim is to provide a solution to a problem that each one of us may face one day. As one of our Board members said recently, there are many charities that are worthy of support and we give to them even though we may never (hopefully) be affected by a disease or disaster. But there is one thing for sure that we are all going to be affected by and that is *old age!* It is the one area that everyone needs to support, not only for those who are in their senior years now, but for our grandparents, parents, ourselves and those to follow us.

As 2001 draws to a close, CAREGIVERS, with the support of our generous donors, is looking forward to reaching out to serve more homebound seniors in the New Year and to implementing our new Intergenerational Program involving students from Saint Bonaventure High School. ♥

WEDDING BELLS AT CAREGIVERS



We are pleased to announce that, on September 16, 2001, our much loved Director of Volunteers, Carol Basralian "tied the knot" and married long-time friend and sweetheart, Jim Boatner. The happy couple now live in Santa Paula and, fortunately for CAREGIVERS, Carol continues with her work, "matching" homebound seniors with our caring volunteers. We wish Carol and Jim many, many happy years together. ♥

New words for an old song from *The Sound of Music's*

My Favorite Things

Maalox and nosedrops and needles for knittin',
Walkers and handrails and new dental fittin's,
Bundles of magazines tied up with string,
These are a few of my favorite things.

Cadillacs, cataracts, hearing aids, glasses,
Polident, Fixodent, false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.

When the pipes leak,
When the bones creak,
When the knees go bad,
Then I remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions,
No spicy hot food nor food cook'd with onions,
Bathrobes and heat pads and hot meals they bring,
These are a few of my favorite things.

Back pains, confused brains, and no fear of sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames
When we remember our favorite things.

When the joints ache,
When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

New Web Site to Help Seniors and CAREGIVERS Find Benefit Programs

The National Council on Aging has created BenefitsCheckUp to help older adults to quickly identify programs that may improve the quality of their lives. Family and friends can also obtain facts about benefits that their loved ones may qualify for. Chances are, you will be surprised to learn what benefits are available to you, regardless of your income. The web site address is www.benefitscheckup.org. This web site will help to connect

people 55 years and older with billions of dollars in untapped public assistance. It is a free, easy-to-use service that identifies federal and state assistance programs for older Americans. You take between 10 to 15 minutes to enter information about your financial situation into an online questionnaire. Then BenefitsCheckUp explains what benefit programs



you may be eligible for and how to apply for them. BenefitsCheckUp is completely confidential. It does not require your name, address, phone number, Social Security number, or other information that could be used to identify you. You enter simple information such as your age, income and zip code. BenefitsCheckUp then identifies programs you might qualify for. ♥

National Charity Support Foundation Donates \$6,645 From Car Donations

National Charity Support Foundation's (NCSF) vehicle donation program resulted in a \$6,645 donation to CAREGIVERS from the sale of vehicles that were donated in our name to the Foundation. NCSF's vehicle donation program is a free service for CAREGIVERS. When you, your family member, a friend or colleague want to donate a vehicle, call the NCSF toll free number 1-800-203-2940—or the CAREGIVERS office (805) 658-8530—and donate the vehicle naming "CAREGIVERS: Volunteers. Assisting the Elderly," as the

beneficiary. NCSF does 100 percent of the work. We receive 100 percent of the net proceeds.

NCSF is a qualified nonprofit tax-deductible program. NCSF's mission is to raise funds for bonafide non-profits by maximizing the sale of property that has been gifted to those charities by their donors.

CAREGIVERS thanks National Charity Support Foundation and especially thanks the generous people who have donated their vehicles for the benefit of CAREGIVERS: Mike Monaco, Jay Midgeley, Mr. & Mrs. Robert

Arnold, Mr. & Mrs. Alvin Corse and Mr. and Mrs. Brandon Young.

Donating your vehicle (cars, trucks, vans, motorcycles, recreation vehicles, aircraft, boats) is a wonderful way to provide funds that will be used to help frail, home-bound seniors. And it's easy! Your vehicle will be picked up at your location. You will receive a receipt. NCSF will take care of the paperwork. You can deduct 100 percent of the fair market value. Consult your tax specialist for guidance. ♥

Volunteer – Continued from page 1

from the service, he worked for several companies; but later he, too, became a minister. They were invited to preach and take care of many churches all over the United States. They had a son, Joe, and a daughter, Cecelia. Evelyn has three grandchildren and three great-grandchildren. They were happily married for 58 years until Landis died about 2-1/2 years ago. That's when Evelyn called various programs and was finally given our telephone number.

Evelyn says, "It's my special day when Anna comes over. I look forward to that day all week. We have the best chats. She not only listens to me and my worries, but waters my plants, goes on errands or helps me with whatever I need that week. She is so exceptional; and we have become good friends. I think of her as part of my family."

Anna chimes in to say, "Evelyn is a very special woman and I think any relationship she's

in is probably a special one. I'm from the east coast and have no family here, so visiting with her is like being with family—right down to fixing me lunch to make sure I get at least one home-cooked meal a week. She's adopted me! We always have lots of things to talk about. She tells me about how her day-to-day life was when she was younger and being born in 1910, she's seen a lot of changes in the world. We talk about ordinary things like family stuff. We also discuss current events as well as swapping recipes."

They have had fun going to yard sales in the neighborhood, participating in potluck dinners at her mobile home park and eating out at Taco Bell or the Hill Street Café. Trips to the doctor's or chiropractor's become easier for Evelyn because she has her friend, Anna, to maneuver the doors and get her home safely.

With the Holidays coming up, we are sure that Anna and Evelyn will be together enjoying the festivities of Christmas, toasting the New Year and sharing a prayer for peace for this nation in 2002. ♥

Heartfelt Thanks to These Foundations

Affinity Bank
Archstone Foundation
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Carrie Estelle Doheny Foundation
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Los Angeles Times, Valley and Ventura
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Pacifcare Foundation
Martin V. & Martha K. Smith Foundation
Swift Memorial Healthcare Foundation
Ventura County Community Foundation,
Community Needs Response Fund
Wells Fargo Bank
Wood Claeysens Foundation
United Way of Ventura County

Ventura County Deputy Sheriffs' Association Awards \$1,000 to CAREGIVERS:

CAREGIVERS is deeply appreciative of the men and women of the Ventura County Sheriffs' Association who have contributed \$1,000 to support CAREGIVERS' work with frail, homebound seniors. In this difficult time when our hearts go out to those on the east coast suffering the aftermath of the terrorists' attacks, we especially appreciate the Deputy Sheriffs' Association's recognition that there is still an urgent need close to home and that the frail, homebound elderly in our county are in urgent need of assistance. This generous contribution will make it possible for CAREGIVERS to provide 300 hours of totally free, in-home assistance. Our heartfelt thanks go to the Ventura County Deputy Sheriffs' Association. ♥



*From all of us at
CAREGIVERS, we
thank you for your
generous support and we
wish you a very Happy
Holiday Season and a
Wonderful, Healthy
New Year to follow.*

Board of Directors Pledge \$10,000 in Fundraising Drive to Raise \$50,000

Members of the CAREGIVERS dedicated Board of Directors, at their October, 2001 meeting, challenged each other to raise a total of \$50,000 by Mothers' Day, May 12, 2002 to support the work of CAREGIVERS. A pledge of \$10,000 has already been made to "kick-off" this campaign by the Board members. Treasurer, Keith York is the Chairman of this Challenge. We welcome your efforts to join the challenge to raise these funds which will ensure in-home services for more than 100 homebound frail seniors for one full year. Just mark your donations "2001/2002 Board Challenge" and you will be joining our Board in this exciting campaign to raise \$50,000. We will keep you informed of our progress in our next newsletter. ♥



A Meaningful Gift for the Holidays

Are you looking for a truly worthwhile gift for your family and friends for the Holidays? A tribute gift to CAREGIVERS is a thoughtful gift that honors or memorializes a loved one, and, at the same time, makes a significant impact on the lives of others less fortunate than ourselves. Tribute gifts can be made in honor of special occasions such as birthdays, weddings, anniversaries, or to say "thank you" to a friend. Memorial gifts can be made in honor of those who have passed away and to express sympathy to the family. CAREGIVERS will promptly acknowledge your gift to the honorees or to the families of those in whose memory the gift is being made. To send a tribute gift, please let us know the name and address of the person being honored. If it is a memorial gift, please let us know the name of the deceased and the name and address of the person or persons to whom you would like the acknowledgement to be sent. Your gift will be appreciated by those in whose honor you are sending it and evoke the true, giving spirit of the Holiday Season. ♥



**Vehicle donations
help our cause!**

Our charity receives 100% of the net proceeds

For more information call: **(800) 203-2940**

Coming Events:



CAREGIVERS
is moving!
(see page 3)



10th Annual "Wearin' o' the Green" Golf Tourney

March 11, 2002
Spanish Hills Country Club
(see page 4)

CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

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CAREGIVERS' MISSION – To provide a reliable personal relationship between one volunteer and one elder in need of assistance. Without the kind of neighborly 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 was founded by the Sisters of St. Joseph of Carondelet in collaboration with 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.

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