



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Fall 2002

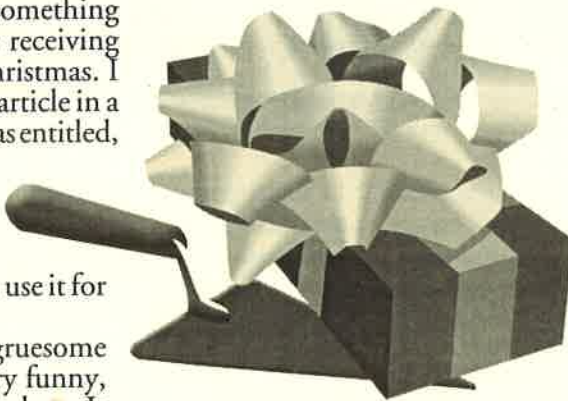
Volume 19, Number 3

Holiday Fruitcake

By Carol Boatner

There seems to be something very funny about receiving a fruitcake for Christmas. I recently read an amusing article in a women's magazine that was entitled, "Alternative uses of a Fruitcake," i.e., you can use it to put behind your car's back tire to prevent it from rolling, or you can use it for a doorstop.

My story isn't that gruesome for the fruitcake. It is very funny, however, to my brother and me. It began about 7 years ago. My darling brother, Sam, sent a fruitcake to me from New Jersey. It was nestled among my other Christmas presents that year. It was shaped like a brick. I opened the wrappings and there was a little story attached to the top of the cake. He said it was one of the bricks used to make the corner of one of the pyramids in Egypt. It was very precious and I



should revere it because of its age, about 3,200 BC. I laughed and laughed. I decided then and there that I could *not* eat it. I would wrap that sucker up real good and place it in my freezer. I gleefully plotted that I could write another explanation of where the fruitcake had been and send it back across the United States about 3,000 miles the following year. So, that "brick" now has

about seven funny inscriptions of where it has been and has logged approximately 20,000 miles, going from the west coast to the east coast and back again the next year.

When I moved from my home to an apartment a few years ago, I had a "brain freeze." I forgot where the frozen, treasured fruitcake was, and I waited and waited to receive it at Christmas time. It never appeared. Finally, I moved to Santa Paula last year and, lo and behold, I discovered that I indeed had the "brick" in my freezer all the time. So the fruitcake got wrapped up again and sent back to New Jersey! I will anxiously wait for my wonderful present to be flown back to me to tickle my funny bone once again. Yes, it's crazy—but I hope the tradition never stops. It's uniquely ours; my brother and I...connected forever by a flying fruitcake!

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 hereafter?" 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 80's and beyond. They keep their minds sharp by never letting

them get dull.

"It's just as bad to be a 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

Continued on page 6

A Lovely Garden Party

By Carol Boatner

On October 6, with the temperature a sizzling 90°, CAREGIVERS: Volunteers Assisting the Elderly honored their very special volunteers with a barbecue and party at Aegis of Ventura. Luckily it cooled off in the afternoon just in time for the food and the fun.

We were delighted that Marketing Directors Deb Eberhardt and Lisa Ross invited us to celebrate our 18th year at their lovely facility. Over 100 volunteers and guests were wined and dined outside on their beautifully-manicured lawn, around their wonderful fountain and gazebo. For the 12th year, members of the Rotary Club of Ventura Marina bought, prepared and served the tri-tip and chicken dinner. Also for the 12th year, Oscar Esmaili, owner of the Royal Bakery and Café, faithfully donated a luscious sheet cake (this year, melt-in-your-mouth chocolate) that seemed to disappear in about 5 minutes!

Welcoming our volunteers to the party was local personality Les Nelson of radio station KKZZ. The musical entertainment for the day was furnished by Rob Hoffman on keyboards and the Ventura Pier Barbershop Quartet consisting of Bart Bleuel, Monty Clark, Tom Leese and Jack Theys. The quartet sang

before and after the dinner was served and everyone enjoyed hearing those endearing old standards.



Rotary Club of Ventura Marina serving a delicious BBQ dinner.

Everyone was surprised and delighted that the Mayor of Ventura, Ray Di Giulio, took time out of his busy schedule to attend our event. He wanted to personally thank our volunteers and recognize the work our student volunteers were doing.

The highlight of the day was the \$500.00 scholarship given by Aegis to Leslie Vega, a graduating student

Continued on page 5

Spotlighting Our Students

CAREGIVERS Intergenerational/Building Bridges Program

by Marion Holzwarth

Our visits to the frail homebound elderly continue to foster an appreciation and understanding between the volunteer students and the CAREGIVERS' clients.

Our students continue to offer their time to perform household chores, yard work, and minor repairs, helping to make a safer haven for our clients.



Student Volunteers (l to r) Tiffany Reifer, Joe Goyeneche, and Jasmine Tucker.

Serving the elderly takes a time commitment, a commitment that pulls teens away from the highly interactive cyberpop world that is teenage life in the 21st Century. CAREGIVERS' students make that time commitment to serve a frail, elderly person in our community.

I would like to spotlight our Tuesday Volunteer Group: Joe Goyeneche, age 17; Jasmine Tucker, age 16; and Tiffany Reifer, age 13.

Joe and Jasmine are both in the senior class at St. Bonaventure High School and will be attending a California college beginning in the fall of 2003. They will be moving their volunteer power to another community. I hope that when they come home during college breaks, we will have the opportunity to experience their helping hands once again.

Tiffany is in the eighth grade at E.O. Green Middle school in Oxnard. She is the youngest in our Student Program. However, her youth is overshadowed by her enthusiasm and strength. We look forward to her continued service as a CAREGIVERS' volunteer.



**Vehicle donations
help our cause!**

Our charity receives 100% of the net proceeds

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

Honor Your Loved Ones with a Meaningful Gift for the Holidays

Are you looking for a 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 difference in the lives of the frail, homebound elders that we serve. 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 their families.

Please send your gift to CAREGIVERS along with a note stating the name of the person who is to be honored. We will send notification of your tribute gift (but not the amount) to the honoree. For memorials, please send the name of the deceased and the address of the family member you wish to receive the notification of your gift. (Complete instructions are printed on the donor envelope enclosed with this newsletter.)

\$50,000 Grant to CAREGIVERS

We would like to express our heartfelt thanks to the California Endowment Local Opportunities Fund for their most generous grant award of \$50,000 to support our programs for frail, homebound elders. The California Endowment is a private, statewide health foundation. It is dedicated to meeting the health needs of California's under-served populations by supporting locally developed efforts that utilize the diverse attributes and strength of communities. The Local Opportunities Fund was created to provide communities with resources to address important health issues on a local level. All of us at CAREGIVERS are so grateful for this support which will make a truly significant impact on so many homebound elders in our community.



Do You Qualify to Save Money on Your Electric Bill?

Southern California Edison California Alternate Rates for Energy (CARE) Program provides a 20-percent discount off your electric bill for your permanent primary residence if you meet the qualifications and income guidelines. Your maximum household income for one to two persons in a household must be \$22,600 or below; for three persons in a household \$26,600; or for four people, \$32,000. For each additional person, add \$5,400. If you believe you may qualify for this rebate, you can call the CAREGIVERS office for an application, (805) 658-8530.



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GENERAL MANAGER

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**Your Donations Make it Possible for us to Give a Helping Hand to Those Who Need it.
Thank You! (August 2002 – November 2002)**

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Hank & Ellen Brokaw
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IN MEMORY OF...

Willard Behrenbruch
By Mildred Behrenbruch
Myrtle Chase
By Paul & Joan Burke
Tom Bekker
By Jean K Didier
Robert Drysdale
By Claire Drysdale
Tom Foley
By Edythe Foley
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The Deceased of the Appel &
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IN HONOR OF...

Debbie Bergevin's Birthday
By Bob & Ginny Camarillo
Ginny Camarillo
By Larry & Barbara Meister
Jerry & Barbara Connors
By Claudia Parker
Wayne & Martha Dugan
By Walter Clark
Andy Killion
By Norm Weitzel
Kathy McCann's Birthday
By Bob & Ginny Camarillo
Mike McGuire
By Norm Weitzel
Del Tompkins's Birthday
By Bob & Ginny Camarillo

THANK YOU

Dr. Robert T. Mazurek
By Maria Lukes

VEHICLE DONATIONS

Judy Remley

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.

**The Ventura County Community Foundation
Community Needs Response Fund**

We are so grateful for a grant award of \$10,000 for continuing support of our Intergenerational "Building Bridges" Program. These funds will help to make it possible for **CAREGIVERS** to continue our current program at St. Bonaventure High School and to expand the program into two more high schools in the coming year.

**City of San Buenaventura
Community Partnerships Granting Program**

A two-year grant in the amount of \$7,800 for 2002-03 and \$7,200 in 2003-2004 has been awarded to **CAREGIVERS** by the City of San Buenaventura. We are so very grateful for this support.

Our deepest thanks to all of the Foundations that make our work possible.

Archstone Foundation
California Cares
Chouinard Family Trust
Carrie Estelle Doheny Foundation
Joseph Drown Foundation
J. M. Long Foundation
Mid-State Bank
PacifiCare Foundation

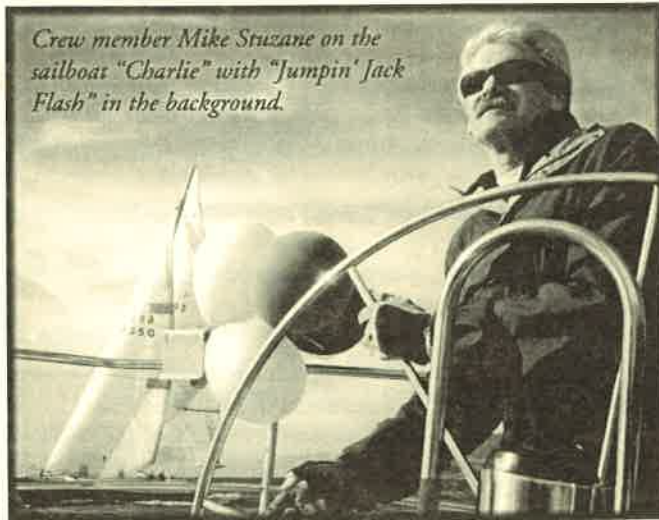
Martha K. & Martin V. Smith Foundation
Swift Memorial Health Care Foundation
S. Mark Taper Foundation
Ventura County Community Foundation
Weingart Foundation
Wood-Claeyssens Foundation
Wells Fargo Bank Foundation

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

First Bank and Trust Sponsors First Annual Sailathon to Benefit CAREGIVERS

A wonderful day of fun, sun and boating was enjoyed by seven boat owners at our first-ever Sailathon on Sunday, November 3, 2002, to raise funds for CAREGIVERS. Created and organized by Advisory Board member, Andy Killion, the event was held as a 'trial run' to see if it could be a successful event next year. It definitely passed the test! Boat owners recruited sponsors who pledged funds 'by the lap.' Prizes were awarded to boat owners who did the most laps and raised the most money. Boat owners raised \$3,632 net, which will be used to provide in-home

assistance and transportation for frail, homebound elders. The event was covered by KEYT-TV on Sunday evening. Boat captains and crews started the day with coffee and donuts at the Ventura Yacht Club where they had an opportunity to meet some of our board members and staff. They sailed laps between Ventura Harbor and Ventura Pier from 12 noon to 3 p.m., returning to the Yacht Club for bowls of hot chili and prize awards. Plans are already in the works for next year's event. Our thanks go to the following boat owners for their participation and support:



Crew member Mike Stuzane on the sailboat "Charlie" with "Jumpin' Jack Flash" in the background.

Udo Gietl "Quantum"
Bruce and Tobey Tabor "Jumpin' Jack Flash"
Charlene Maloney "Charlie"
Jim Donnell "Thistle"
Gregg and Zaza Kasl "Zaza"
Tom and Pat Ramey "Par Avion"
Andy and Tina Killion "Tina"

And to boat sponsors:

Rotary Club of Ventura-South, Honda of Oxnard, Aquasports, Grace Brandt, Ginny Camarillo, Annette Dean, Pat Dugan, Lori Dunlap, Andrew Clark, Marion Holzwarth, In-Home Assistance, Island Packers, Island Kayakers, JDF Manufacturing, G & S Richardson Construction, Cie Macias, Helvia Restrepo, Joe Smith, Fred Strickland, Mike Stuebing, Michael Stuzane, The Gilbert Hayes Schubert Co, Dino & Diane Ulrich, Ventura Boat Yard, Ventura Coastal, S. Blake Wade.

GARDEN PARTY – Continued from page 2

from St. Bonaventure's Interact Club, and volunteer in our "Building Bridges" Intergenerational Program. All other student volunteers who had participated in this new program were congratulated and awarded a certificate of appreciation by Youth Coordinator Marion Holzwarth for their many hours of work with the elderly.

We want to extend a thank-you to the many youth members and friends who so willingly participated in the set-up and clean-up after the dinner: Mike Ikeda, Kelly Mayurek, Chris Weiss, Janael Rose, George Morris, Erin Brown, Kylee McGee, Marla Pontrelli, Interact President Rachel Pleis and Interact Moderator Terry Basolo. Thank you, one and all!



Ventura Pier Barbershop Quartet
(l to r) Monty Clark, Bart Bleuel,
Jack Theys, Tom Leese

A big thank-you to staff members Marion Holzwarth and Maureen Hening who worked so hard to make the day go so smoothly. Also, a thank-you to board chair Ginny Camarillo who conducted the afternoon program and awards presentations; and to Cie Macias and Lisa LoVullo for helping at the wine stations and with the cake. You are all very much appreciated!

We hope everyone had a good time and look forward to next year's festivities to celebrate our 19 years of community service.



Mayor Ray Di Giulio

Executive Director's Message

by Barbara Weinberg

As the Holiday Season approaches, we have much to celebrate and to be thankful for at CAREGIVERS. We have the support and caring of so many people in our community that make our programs possible. Our "Building Bridges" Intergenerational Program continues to be a great success and, with foundation support and the generosity of individuals, our goal is to expand the program into two more high schools in the coming year. Our student volunteers are having such a rewarding experience and our elderly clients enjoy having the students in their homes to visit. They enjoy the sound of their laughter and joking and, of course, they especially appreciate all of the help they receive.

Our compassionate, caring adult volunteers continue to give so generously of their time. Each has made the commitment to take a frail, homebound elder into their lives at least once a week, and to make life so much more enjoyable and richer for those they serve. The "matches" between a volunteer and a frail elder have bought new friendships and much joy into the lives of both. Just by helping a frail, homebound elder once a week, our volunteers are making it possible for them to remain living in the comfort of their own homes for many more years than would otherwise be possible. Without this help, many would be prematurely placed into a board and care facility.

As the year 2002 draws to a close, we at CAREGIVERS are gearing up to help the many more frail, elders who call our office each day for assistance. A heartfelt "thank you" to all of you for your support and very best wishes for a Happy, Healthy and Wonderful Holiday Season.

Reserve Now! – March 17, 2003

St. Patrick's Day Golf Tournament



We are currently taking reservations for the Eleventh Annual "Wearin' o' the Green" Golf Tournament to be held on Monday, March 17, 2003 at the beautiful Spanish Hills Golf and Country Club. Come join us for a day of golf, good friends, great food and prizes that concludes with a traditional Irish dinner and live auction. The cost is \$175 per person. Reserve your space now by calling (805) 658-8530 and join the activities while helping to provide in-home assistance and transportation for hundreds of frail elders in Ventura County.

SHARP AS A TACK – Continued from page 1

- 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.
- ☞ 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.

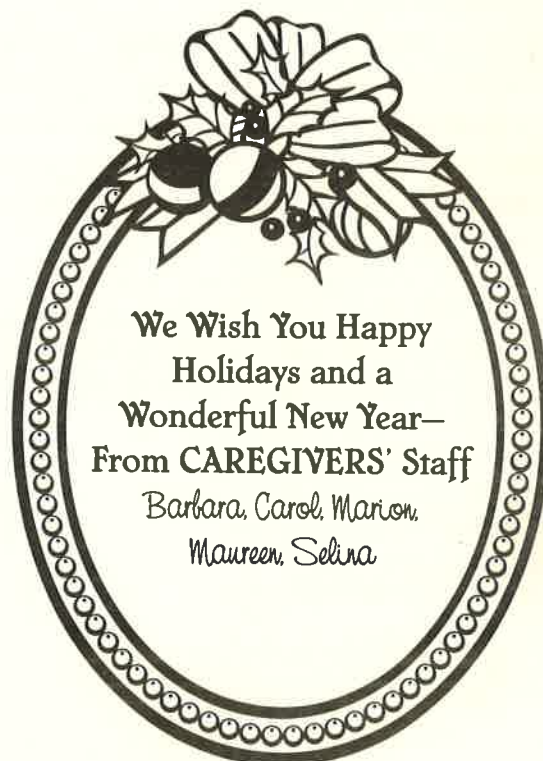
Assisted Living
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of Ventura

Lisa Ross
Marketing Director

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"Merry Christmas" in different languages.

- Afrikander - Een Plesieriĝe Kerfees
 Arabic - I'D MIILAD SAID OUA SANA SAIDA
 Arĝentine - Felices Pasquas Y felices ano Nuevo
 Armenian - Shenoraavor Nor Dari yev Pari Gaĝhand
 Azeri - Tezze Iliniz Yahsi Olsun
 Basque - Zorionak eta Urte Berri On!
 Bohemian - Vesele Vanoce
 Brazilian - Boas Festas e Feliz Ano Novo
 Breton - Nedeleĝ laouen na bloavezh mat
 Buĝarian - Tchestita Koleda; Tchestito Rojdestvo Hristovo
 Chinese - (Mandarin) Kunĝ His Hsin Nien binĝ Chu Shen Tan
 (Catonese) Gun Tso Sun Tan'Gunĝ Haw Sun
 Cornish - Nadelik looan na looan blethen noweth
 Cree - Mitho Makosi Kesikansi
 Croatian - Sretan Bozic
 Czech - Prejeme Vam Vesele Vanoce a stastny Novy Rok
 Danish - Glædeliĝ Jul
 Dutch - Vrolijk Kerstfeest en een Gelukkiĝ Nieuwjaar!
 English - Merry Christmas
 Esperanto - Gajan Kristmaskon
 Estonian - Ruumsaid juulup | hi
 Farsi - Cristmas-e-shoma mobarak bashad
 Finnish - Hyvaa joulua
 French - Joyeux Noel
 Frisian - Noflike Krystdaĝen en in protte Lok en Seine yn it Nije Jier!
 German - Froehliche Weihnachten
 Greek - Kala Christouyenna!
 Hawaiian - Mele Kalikimaka
 Hebrew - Mo'adim Lesimkha. Chena tova
 Hindi - Shub Naya Baras
 Hungarian - Kellemes Karacsonyi unnepeket
 Icelandic - Gledileĝ Jol
 Indonesian - Selamat Hari Natal
 Iraqi - Idah Saidan Wa Sanah Jadidah
 Irish - Nollaiĝ Shona Dhuit
 Italian - Buone Feste Natalizie
 Japanese - Shinnen omedeto. Kurisumasu Omedeto
 Korean - Sunĝ Tan Chuk Ha
 Latvian - Prieciĝus Ziemsve'tkus un Laimiĝu Jauno Gadu!
 Lithuanian - Linksmu Kaledu
 Manx - Nollick ĝhennal as blein vie noa
 Maori - Meri Kirihimete
 Marathi - Shub Naya Varsh
 Navajo - Merry Keshmish
 Norwegian - God Jul
 Pennsylvania German - En frehlicher Grischtdaaĝ un en hallich Nei Yaahr!
 Polish - Wesolych Swiat Bozeĝo Narodzenia
 Portuguese - Boas Festas
 Rapa-Nui - Mata-Ki-Te-Ranĝi. Te-Pito-O-Te-Henua
 Rumanian - Sarbatori fericite!
 Russian - Pozdrevlyayu s prazdnikom Rozhdestva is Novim Godom
 Serbian - Hristos se rodi
 Slovakian - Sretan Bozic or Vesele vianoce
 Sami - Buorrit Juovllat
 Samoan - La Maunia Le Kilisimasi Ma Le Tausaĝa Fou
 Scots Gaelic - Nollaiĝ chridheil huibh
 Serb-Croatian - Sretam Bozic. Vesela Nova Godina
 Sinĝhalese - Subha nath thalak Vewa. Subha Aluth Awrudhak Vewa
 Slovak - Vesele Vianoce. A stastlivy Novy Rok
 Slovene - Vesele Bozicne. Screno Novo Leto
 Spanish - Feliz Navidad
 Swedish - God Jul and (Och) Ett Gott Nytt År
 Taĝaloĝ - Maliĝayamĝ Pasko. Masaĝananĝ Baĝonĝ Taon
 Tamil - Nathar Puthu Varuda Valthukkal
 Thai - Sawadee Pee Mai
 Turkish - Noeliniz Ve Yeni Yiliniz Kutlu Olsun
 Ukrainian - Srozhdествom Kristovym
 Urdu - Naya Saal Mubarak Ho
 Vietnamese - Chuc Munĝ Gianĝ Sinh
 Welsh - Nadoliĝ Llawen
 Yugoslavian - Cestitamo Bozic



Coming Events:

**CAREGIVERS
Board Meetings**
Fourth Thursday of each
month 7:30 a.m.

Second Annual Sailathon
September 27, 2003



**11th Annual
"Wearin' o' the Green"
Golf Tournament**
March 17, 2003
Spanish Hills Country Club
(see page 6)

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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In Santa Paula/Fillmore:
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