



# CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Fall 2003

Volume 20, Number 3

## Hawaiian Volunteer Recognition Dinner a Success!

By Carol Boatner, Director of Volunteers

When over 100 volunteers and their friends entered the banquet hall at the Poinsettia Pavilion on October 19<sup>th</sup>, their eyes immediately were drawn to the purple baby orchids and goldfish centerpieces on each table. The Hawaiian decorations and the lovely Hawaiian music graciously provided by DJ "Buddy" Escoto from Fillmore set the ambiance for the 19<sup>th</sup> annual CAREGIVERS Volunteer Recognition Dinner.

We were privileged to have six members from the Ventura County Ukulele Club entertain us before dinner was served.

Their playing, singing and dancing brought a sense of the "islands" to all in attendance. We thank the following entertainers for their benevolent donation of time and talent: Juanita Pendergrass, Shirley Palmer, Travis Harellson, Don Riordon,



Youth Coordinator Marion Holzwarth and Board Member Sr. Barbara Dugan enjoying the dinner.

Celeste Lowe and Olin Paul. Celeste gracefully danced the hula and asked for audience participation whereby some board members and other volunteers had some hilarious fun trying to follow the dance movements.

For the 13<sup>th</sup> year, the members of the Rotary Club of Ventura Marina bought, prepared and served a delicious tri-tip and chicken dinner. Also, for the 13<sup>th</sup> year, our faithful friend Oscar Esmali, owner of the Royal Bakery and Cafe donated two luscious sheet cakes for our party that were devoured in about 15 minutes. Thank you so much!

We were so very happy to have been able to present a \$500 scholarship to Jezmin Fuentes for her enthusiasm and commitment to the frail elderly. These funds were donated to us by Assisted Living Aegis of Ventura and their Mar-



Exuberant audience participation with Celeste Lowe.

keting Director, Lisa Ross. We deeply appreciate their philanthropic donation and continued faithfulness to the CAREGIVERS program for the *second* year! Jezmin has graduated from St. Bonaventure High School and has been an active member of the Rotary Interact Club and the very first student to volunteer in our "Building Bridges" Intergenerational Program.

Other scholarship money totaling \$500 was split between two deserving Interact Club members also from St. Bonaventure High School, Marla Pontrelli and Sara Mouser, for accumulating the most volunteer hours with CAREGIVERS. We give thanks to Deb Eberhardt,

*Continued on page 4*

## Time-Tested Tips for Holiday Eating

I really dislike some aspects of this time of year. Not for its crass commercialism and forced frivolity, but because it's the season when the food police come out with their wagging fingers and annual tips on how to get through the Holidays without gaining ten pounds.

\* About those carrot sticks. Avoid them. Anyone who puts carrots on a holiday buffet table knows nothing of the Holiday spirit. In fact, if you see carrots, depart immediately. Go next door, where they're serving rum balls.

- \* If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.
- \* As for the mashed potatoes, always ask if they're made with skim or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.
- \* Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Christmas

party is to eat other people's food for free. Lots of it! Hello? Remember college?

- \* Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to



*Continued on page 3*



## Second Annual Sailathon to benefit CAREGIVERS

By Maureen Buchanan-Hening

After a tumultuous storm the day before the event, beautiful weather prevailed for the 11 sailboats and their crews that participated in the Second Annual Sailathon. The Sailathon was held on Saturday, November 1, 2003 to raise funds for CAREGIVERS.

The Sailathon, the brain-child of Advisory Board member **Andy Killion**, has proved to be even more successful than last year's event, thanks to Andy's dedication and leadership and the enthusiastic participation of the committee members. The Sailathon is the only event of its kind in Ventura County. Boat owners solicit sponsorships for each lap sailed and/or make personal contributions. The event raised almost \$7,000 net, which will be used to provide in-home assistance and transportation for frail, homebound elders.

The day began at the Ventura Yacht Club with an early morning Captain's meeting where sailors sipped hot coffee and socialized before heading for their boats. The actual sailing began at noon and the captains had the opportunity to choose between two courses. Many sailboats displayed their beautifully-colored spinnakers to the delight of those watching from the pier. Sailing ended at three o'clock and the boats headed back to the Ventura Yacht Club for a friendly get-together featur-

ing an awards ceremony, raffle and BBQ.

**Bill Gibbs'** "Afterburner," by far the fastest boat in the event, won the trophy for most laps sailed. "Indefatigable," owned by **Colin and Lisa Gegg**, won the trophy for raising the most money. Our hearty thanks go to the following boat owners for the participation and support:

**David Boatner** – "Sea Hawk"  
**Andy Clark** – "Upside"  
**Colin & Lisa Gegg** – "Indefatigable"  
**Bill Gibbs** – "Afterburner"  
**Gregg Kasl** – "ZaZa"  
**Andy Killion** – "Tina"  
**Bryan Killion** – "Roguary"  
**Paul Moore** – "Chaos"  
**John Spille** – "Slider"  
**Paul Swanson** – "Asmara"  
**Steve Thompson** – "Goodwill"

And to Boat Sponsors: **Amgen**, **Mike Atkins**, **Aldona Balciunas**, **Jeff Beller**, **Larry Beller**, **Sharon Bick**, **Jim and Carol Boatner**, **Monica Boatner**, **Ginny Camarillo**, **Dorothy Caughey**, **Dustin Cruz**, **Leola Dahl**, **Ramona Daniel**, **Elyse Davy**, **Ralph Gerrard**, **Shanna**

**Gibbs**, **Charae Gibbs**, **Udo Gietl**, **Mark & Emily Guido**, **Marion Holzwarth**, **Don Meifert**, **Ted Pounder**, **Gary Richardson**, **Sandra Strong**, **Blake Wade**, and **Mary Joe Yaeger**.

A special thank you to the Ventura Yacht Club for hosting the event; to **Dick Mullarky** and **Cindy Robertson** for managing the "on the water" activities; and to **Stan Whisenhunt** for publicizing the event. Thank you to **Jennifer Earl** and **Darcie Ansoerge** for their tireless efforts counting boat laps from the pier.

We thank the **Mirlak Corporation** for sponsoring the Sailathon and additional sponsors **Beacon Marine**, **First Bank & Trust**, **Morgan Stanley**, **State Farm Insurance**, **Sharkey's Woodfired Mexican Grill**, and **Blake Wade**. This event would not be possible without our hard-working committee that includes Chairman **Andy Killion**, **Ginny Camarillo**, **Tina Killion**, **Melinda Nordeng**, **Judy Remley**, **Blake Wade** and **Rae Whitney**—a heartfelt thank you to all.

### New Board Member

We are delighted to welcome **Ron Willis** to our Board of Directors. Ron first learned about CAREGIVERS 15 years ago through one of its founders, **Sister Pat**. Ron volunteered his time to help solve computer problems for CAREGIVERS at that time. Ron and his wife, **Mariaemma**, became interested in our work and have been strong supporters ever since.

Ron has lived in Ventura County for 24 years. He is a real estate investor, who buys and sells property and offers solutions for real estate problems. For the past 20 years, Ron has worked part-time as a Humane Officer for the Humane Society of Ventura County, investigating animal cruelty.

We are fortunate to have Ron join our program.

## Honor Your Loved Ones with a Meaningful Gift for the Holidays

**A**re 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.

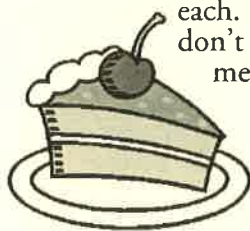
Please send your gift to CAREGIVERS along with a note stating the name of the person who is to be honored. We will send notification of your tribute gift (but not the amount) to the honoree. For memorials, please send the name of the deceased and the address of the family member you wish to receive the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

### HOLIDAY EATING from page 1

do. This is the time for long naps, which you'll need after circling the buffet table while carrying a ten-pound plate of food and that vat of eggnog.

- \* If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. You can't leave them behind. You're not going to see them again.
- \* Same for pies. Apple. Pumpkin. Mincemeat. Have a slice of

each. Or, if you don't like mincemeat, have two apples and one pumpkin. Always have



three. When else do you get to have more than one dessert? Labor Day?

- \* Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have some standards, mate!
- \* And one final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Reread tips!

**B**ut hurry! Cookieless January is just around the corner followed by a cold, rainy February.

**Happy Holiday and a Happy New Year!**



## Intergenerational "Building Bridges" program expands to a third school

**I**n September, 2003, our "Building Bridges" program expanded into Foothill Technology High School in Ventura. Twenty-nine enthusiastic students have signed up for the program. We now have a total of 58 students enrolled in the "Building Bridges" program from three high schools, Saint Bonaventure, Buena and Foothill Technology High Schools.



*Nora Fearon gets a hug from Nancy Mendoza as Vanessa Velasquez watches.*



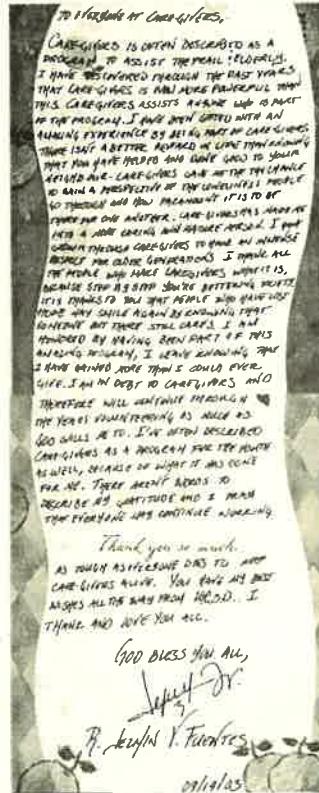
*Vanessa Velasquez (l) and Nancy Mendoza help in the kitchen.*

## Thoughts from a "Building Bridges" student volunteer

[The following letter was received in our office from Jezmin Fuentes upon her graduation from high school and the start of her new life at the University of San Diego. We are pleased to share this touching letter with all of you.]

To Everyone at CAREGIVERS

CAREGIVERS is often described as a program to assist the frail elderly. I have discovered through the past years that CAREGIVERS is even more powerful than this. CAREGIVERS assists anyone who is part of the program. I have been gifted with an amazing experience by being part of CAREGIVERS. There isn't a better reward in life than knowing that you have helped your neighbor. CAREGIVERS gave me the chance to gain a perspective of the loneliness people go through and how paramount it is to be there for one another. CAREGIVERS has made me into a more caring and mature person. I have grown through CAREGIVERS to have an immense respect for older generations.



I thank all the people who make CAREGIVERS what it is, because step by step you're bettering society. It is thanks to you that people who have lost hope may smile again by knowing that someone out there still cares. I am honored by having been a part of this amazing program. I leave knowing that I have gained more than I could ever give. I am in debt to CAREGIVERS and therefore will continue through the years volunteering as much as God wills me to. I've often described CAREGIVERS as a program for the youth as well, because of what it has done for me. There aren't enough words to describe my gratitude and I pray that everyone may continue working as tough as everyone does to keep CAREGIVERS alive.

You have my best wishes all the way from U.C.S.D. I thank and love you all.

God Bless You All  
R. Jezmin V. Fuentes

### VOLUNTEER DINNER from page 1

Retirement Counselor at the Lexington for so generously providing the \$500 scholarship and the wine for this event.

At the end of the evening, various raffle gifts were given away much to the delight of all in attendance. Thanks go to the Caffe Bella Restaurant, Ventura for their luncheon donation and Norm Weitzel for his donation of See's Candies.

The following CAREGIVERS Volunteers helped to make this celebration a very successful one: Board Chair, Ginny Camarillo, Dee Ambrosini, Bill DeNicholis, Kathleen Scott, Tom Leese, Jim Boatner and members of our staff, Maureen Buchanan-Hening, Administrative Assistant; Marion Holzwarth, Youth Coordinator; and Selina Escoto, Santa Paula Coordinator. A special certificate award was presented to our youngest volunteer, Pierce Hening, who helped set up the room, serve the cake, and assist us with the raffle. Thank you CAREGIVERS Volunteers for another successful year of serving our senior neighbors with outstretched hands and loving hearts.



From left: Kristina Vega, Marla Pontrelli, Sara Mouser.  
Back row: Carol Boatner, Marion Holzwarth

## Second year of funding from The California Endowment

CAREGIVERS is deeply grateful to The California Endowment for a second, very generous Local Opportunities Fund grant award of \$50,000 to support our core operating costs. The California Endowment is a private, statewide health foundation. It is dedicated to meeting the needs of California's under-served populations by supporting locally-developed efforts that utilize the diverse attributes and strengths of communities. The Local Opportunities Fund was created to provide communities with resources to address important health issues on a local level. We are so very appreciative of this grant which will help us to continue and to expand our services in the coming year.



## “Wearin’ o’ the Green” Golf Tournament

Mark your calendars for the 12<sup>th</sup> Annual Saint Patrick’s Day “Wearin’ o’ the Green” Golf Tournament. The Tournament will take place on Monday, March 8, 2004 at the beautiful Spanish Hills Golf and Country Club. The golfer fee will be \$150, which will include a wonderful day of golfing, fun contests, lunch, awards, prizes, dinner and live auction. For further information, please call the CAREGIVERS office at (805) 658-8530.

### Last Year’s Title Sponsors:

MediTech Health Services  
Metro-Med Inc.  
Wells Fargo



### Last Year’s Major Sponsors:

Avenue TV Cable  
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In-N-Out Burger  
Santa Barbara Bank & Trust  
Sharky’s Woodfired Mexican Grill  
Steve Thomas BMW  
Ventura Printing  
Charles & Blake Wade

## \$20,000 grant from the Weingart Foundation

Our deepest thanks to the Weingart Foundation for their very generous grant award of \$20,000. This is the second grant that we have received from this prestigious foundation. The first grant was received in December, 2001, and helped us to implement our first-ever “Building Bridges” intergenerational program. The Weingart Foundation seeks to build a better America by offering constructive assistance to people in need, thereby helping them to lead more rewarding and responsible lives. We are so very grateful for this support.



## Executive Director’s Message

by Barbara Weinberg

As another year draws to a close, I send my heartfelt thanks to all of you who have so generously supported CAREGIVERS program during the past year (and the past many years). Your support has made an enormous difference in the lives of hundreds of isolated, homebound, frail elders in our community. I wish that you could experience, as I have, the amazing transformation that occurs in our elderly clients, once a compassionate, loving, CAREGIVERS volunteer is assigned to visit and to help them regularly. They know that they have a friend that they can count on.

Our new student volunteers have added immeasurably to the enjoyment of our elderly clients, as they bring their enthusiasm for life into their homes and give them a hug and a smile and cheerfully set about cleaning up their homes and yards. All of our volunteers, adult and youth, have lifted the spirits of so many homebound elders and changed their outlook on life. Importantly, this program has made it possible for them to continue to live in their own homes, rather than being placed, prematurely, into an impersonal institution. Without your generous support, this program could not exist.

It is hard to believe that, next year—2004—CAREGIVERS will be celebrating its 20<sup>th</sup> anniversary. Through good times and bad, CAREGIVERS has survived and provided uninterrupted service for more than 2,000 frail elders over these past 20 years. Over 1,000 wonderfully generous volunteers have donated their time to assist the elderly during this period of time. The community has generously supported CAREGIVERS program over these last 20 years and we are very grateful. We will need your continued support of these vital services for the next 20 years, and beyond!

On behalf of all of us at CAREGIVERS, I wish all of you good health and much happiness for the Holidays and throughout the coming year.

Assisted Living  
**Aegis**  
of Ventura

Lisa Ross  
Marketing Director

4964 Telegraph Road Ventura CA 93003  
805.650.1114 fax 805.650.6283  
lisa.ross@aegisal.com www.aegisal.com

From all of us at CAREGIVERS, a heartfelt "thank you" to all of the following supporters of our vision— "Dignity For Life" (August, 2003 through November 2003)

#### DONATIONS

James & Barbara Adams  
Rodger Adams  
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#### BUSINESSES & ORGANIZATIONS

1918 Club  
Automobile Exchange  
First United Methodist Church  
Mirlak Corporation  
Sisters of the Holy Cross  
Trinity Lutheran Church  
Ventura Suburban Kiwanis

#### IN MEMORY OF

*Bob Addison*  
By Norm & Lynn Weitzel  
*Leonard Ambrosini, Sr.*  
By Dee Ambrosini  
*Roderick E. Brown*  
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*Santiago Luis Martinez*  
By Rob, Linda & Alicia Dillon  
*Nick & Olga Melonas*  
By Ernie & Suzy Melonas  
*My Parents*  
Joyce George  
*My Grandparents*  
By Peggy Heise  
*Sister Ann Veronica*  
By Jane Kelly  
*Jeffrey Tauber*  
Leo & Lucy Tauber

#### IN HONOR OF

*Jim & Carol Boatner's Anniversary*  
By Dorothy Boatner  
*Carol Boatner,*  
*Marion Holzwarth &*  
*the Student Volunteers*  
By Claudia Parker  
*Jennie Dugan's 100th Birthday*  
By Sr. Barbara Dugan  
*Marion Holzwarth,*  
*Jasmine Tucker &*  
*Lauren Mangis*  
By Carmella H. Salvatore  
*James P. Lingl*  
By Barbara Weinberg & Tom Leese  
*Lawrence & Dora Sierra*  
By Cie Macias  
*Sam Tish's Birthday*  
By Barbara Weinberg & Tom Leese

#### VEHICLE DONATIONS

Paul Defreitas  
Kirk Prouse

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

### Our sincere thanks to our wonderful volunteers

During fiscal year July 1, 2002 through June 30, 2003, volunteers donated 44,273 hours of *free* service and made 3,584 automobile trips taking frail elders to their medical appointments, grocery shopping and other essential errands. We salute all of you for your generosity of spirit, compassion and caring.

## Appreciation Reception

On Thursday, October 9, 2003, major donors to CAREGIVERS program were invited to a reception at the lovely Ventura Yacht Club. The evening was hosted by Andy and Tina Killion. Wine was donated by The Lexington, Ventura. Deputy Mayor Brian Brennan, Supervisor Steve Bennett, Councilman Jim Monahan and Police Chief Mike Tracy took time out from their busy schedules to attend the event. Guests had an opportunity to meet two of our clients, 90-year old Howard Boroughs, who told about the wonderful relationship that had developed between himself and one of our 19-year-old student volunteers and her family. We heard from 87-year old Lucille Ferrie, who related a moving story of how she had been helped by CAREGIVERS. We also heard from our adult volunteers, Mary Yoshioka, who has been a CAREGIVERS volunteer for the past 10 years and 85-year old Nina Seibel, who shared the story of how she came to volunteer for 97-year old Mae Bennett. High school student volunteers, Cody Phillips, Sara Mouser, Brian Collings and Kristina Vega touched the hearts of everyone as they described the benefits and rewards they have experienced by volunteering for CAREGIVERS.

**A special thanks to all of the Foundations that make our work possible**

Affinity Bank  
 The California Endowment  
 The California Wellness Foundation  
 Chouinard Family Trust  
 Carrie Estelle Doheny Foundation  
 City of Ventura, Community Partnerships Granting Program  
 Joseph Drown Foundation  
 PacifiCare Foundation  
 Martha K. & Martin V. Smith Foundation  
 Morgan Stanley Foundation  
 Swift Memorial Health Care Foundation  
 United Way  
 Ventura County Community Foundation  
 Weingart Foundation  
 Wells Fargo Foundation  
 Wood-Claeysens Foundation

**For Your Safety...**

*by Marion Holzwarth*

**B**efore you invite anyone into your home check his or her ID. Make sure the name on the business card matches the name on the photo ID, and that the photo on the ID looks like the person that is standing at your door.

**Know your local agencies:**

1. The word "caregivers" is a generic word, but when you speak of our agency we are **CAREGIVERS Volunteers Assisting The Elderly**. There are many other agencies that use the word "caregivers," but there is only one unique agency in Ventura County named **CAREGIVERS Volunteers Assisting the Elderly**. *We match frail elderly with a trustworthy volunteer and we have student volunteers who visit our frail elderly clients, but always with an adult staff person or adult volunteer.*  
 Our agency staff will visit you in your home, but *you* would have made the appointment. We never charge for our services.
2. The **Area Agency on Aging** is a national organization, with a local chapter office here in Ventura County. The AAA can be reached at (805) 477-7300 and they can link any caller with available resources in this county.

**DID YOU KNOW . . .**

**We have a vehicle donation program and we also take boats?**

**Donating is easy.**

1. Call (800) 203-2940
2. We pick up your car or boat at your location
3. You get a receipt
4. Deduct 100% of its fair market value from your income

For more information call

**1-800-203-2940**

3. The local Ombudsman office is called **Long Term Care Ombudsman Office**. They provide nursing home information and visit local nursing care facilities; they never come to your home. They can be reached at (805) 656-1986. Do not confuse this organization with a Long Term Care insurance or annuities business.



**SAM MARTINEZ, RCP**  
 GENERAL MANAGER

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# Coming Events:

**CAREGIVERS Board Meetings**  
Fourth Thursday of each month



## **"Wearin' o' the Green" Golf Tournament**

Monday, March 8, 2004  
Spanish Hills Golf and Country Club  
(see page 5)



## CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

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**CAREGIVERS' MISSION** – To promote the health, well-being, dignity and independence of frail, home-bound elders through one-on-one relationships with trusted volunteers

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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www.vcnet.com/~caregivers