

Heart & Hands

CONNECTION

FALL 2006

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Executive Director’s Message

By Carol Boatner

I just can’t believe that the year is almost over. It seems that it should be the middle of the year, perhaps July or August. When you are busy, time just seems to fly like the East winds blowing through our county.

We are looking forward to another successful year of caring for our frail elders. The staff, Courtney Darrough, Marion Holzwarth, Terri Keffer and I have been working very hard to keep the **CAREGIVERS** program running smoothly. We have recently welcomed back to our organization our much loved ex-Executive Director, Barbara Weinberg who has agreed to work part-time to expertly write the grants that we need to sustain our work during the year. Welcome back Barbara!!!

So, as the year comes to a close, I want to personally thank our fantastic staff, Board of Directors and all of our faithful friends who contribute to the CAREGIVERS program all year. May you all have a happy, healthy and prosperous New Year!

Welcome Kris Lynch to the Board of Directors!

Kris Lynch was recently unanimously voted onto the Board of Directors for **CAREGIVERS**. Kris hails from the San Francisco Bay area and is now living in the Channel Islands Harbor. She is married to Ken (an attorney) and has two children, Kathleen, and Jonathan. In her spare time she enjoys movies, reading and walking. Kris has been in the banking industry for over 27 years and is now working for County Commerce Bank as the Oxnard office Operations Officer. Welcome Kris!!

SAILATHON Charity Boat Event raises \$8,700.00



Registering the Sailors Cari Guerrero, Katie Stewart from the Santa Barbara Bank Rave Team and Teri Keffer Admin. Assistant.

On October 15, 2006, twenty-two boat captains and their crewmembers came together at the **Ventura Yacht Club** to sail in the **5th Sailathon for CAREGIVERS**.

It was an overcast day but no rain predicted, so spirits were high. At registration, each Captain received a canvas bag that contained two shirts, a burgee, water, a snack and \$50.00 off haul and launch services at **Anchors Way Marine Centers**.

Andy Killion the originator committee chair of this event gave instructions about the course and they were off to find the buoys anchored near the Ventura Pier.

Staff members, **Courtney Darrough**, **Marion Holzwarth** and volunteer **Elizabeth Abul-Haj** traveled to the pier to count how many laps each boat garnered. **Lisa and Gregg Collier** also sailed their boat to the pier area and anchored to help with the lap counting.

Everyone returned to the Yacht Club by 3:30PM for chili and cornbread. The boat sailing the

greatest distance was "Jaded" skippered by **Dave Klatt** and behind "Jaded" was columnist **Stan Whisenhunt's** boat "Tortoise". An award was given for the boat that raised the most money and that went to "Endurance" skippered by **Mike Stuzane** with a pledge of \$1,200.00 followed by "Tortoise" skippered by **Stan Whisenhunt** pledging \$1,013.00.

CAREGIVERS want to acknowledge and thank the following individuals and businesses for caring enough to sponsor this charity event and donate some fabulous drawing prizes:

COMPASS SPONSOR \$1,000
Wells Fargo Bank - Ann Romero

ANCHOR SPONSOR \$500
Ginny Camarillo, Bryan Killion

WINDLASS SPONSOR \$100
Dr. James R. Deardorff

Alegria Wine & Deli Bar, Aloha Steak House, Anchors Way Marine Centers, Bella Café, Café Zack (H.Boroughs) Custom Embroidery, Toni Daube, Lauren Mangis, Eric Ericson's, Cie Macias, Mid-State Bank (Judy Thiele) Sandy Swanson, Trader Joe's, S. Blake Wade, and West Marine, Interlux Paints, Fox Marine, Llewellyn Supply Co, Port Supply, Les Nickeas, Ross Hubbard, Schaefer Marine, & Dave's Fuel Dock

Special thanks go to **Andy Killion** for being the "heart" of this event

and gathering too many prizes to name for our most successful prize drawing!!

Our number one "cheering leader" was our boating friend, Stan Whisenhunt columnist for **The Star** newspaper who publicized our event in his sailing column, sailed with us, and emailed all boaters so that our fundraiser would be successful. We sincerely thank him for all of his efforts.

We are grateful for every captain and crew who participated, and the many friends and volunteers that came forward to help to make this a very special day. Thank you **Santa Barbara Bank and Trust** for the RAVE team, **Cari Guerrero** and **Katie Stewart** for their help with registration.



Staff members and Board members enjoying the day: Courtney Darrough, Carol Boatner, Marion Holzwarth, Ginny Camarillo, and Blake Wade



Andy Killion giving course instructions at Skipper's meeting.

"CAREGIVERS"

Named Charitable Organization of the Year



*Courtney Darrough,
and Carol Boatner are
honored at the 56th
Annual community
Awards Night by
Mr. Patrick Mullin*

The Oxnard Chamber of Commerce honored the community's most outstanding organizations, individuals and businesses at their 56th Annual community Awards Night on June 23rd at the Marriott Residence Inn.

We were so excited when we received a telephone call from Nancy Lindholm from the Chamber that we had been chosen to receive the award for "Charitable Organization of the Year". All of our hard work was finally being recognized and we were all pretty giddy over the news. For years, we had tried to open up an office in Oxnard or at least been able to put into place an Oxnard Coordinator. We finally made it a reality when we received a grant from the Area Agency on Aging and other grantees and we hired Courtney Darrough. It was then that seniors who lived in the Oxnard Plain were finally going to receive the help and assistance they so desperately needed.

Special thanks go to our wonderful sponsor, Mr. Patrick Mullin, Manager of Courtyard by Marriott Oxnard who relayed to the audience just what **CAREGIVERS** was all about and presented us with our award plaque. We also received special commendation certificates from the Board of Supervisors, County of Ventura, the City of Oxnard, Congressional Recognition from Lois Capps, Senate recognition from Sheila Kuehl 23rd district, and Assembly member Pedro Nava.

We so enjoyed the company around our beautiful table: Mr. Mullin and his wife, Sherry, Board Member Ginny Camarillo and her husband Bob, Advisory Board member Norm Weitzel and his wife Lynn, Courtney & my caring, supportive husband, Jim Boatner.

Our sincere thanks to the Oxnard Chamber of Commerce for all of their hard work in presenting these awards and making this event a spectacular one for all concerned.

Student Corner

By Marion Holzwarth

Our Building Bridges Inter-generational Program continues to focus on the needs of the elderly individuals we serve and the willing hands of our teenage students from the local high schools. We are also gathering students from the middle schools, as well; volunteer service hours are becoming a standard part of the curriculum requirement in their English or Social Studies classes.

There is never an empty moment, we can keep the students busy after school and on Saturday mornings.

Besides the work completed by the students the actual visiting between the elderly and our students has become a very important part of our program. The students receive an oral history lesson, and talk to people who are still grieving a loss, or health changes. They learn about struggles our elderly population have with insurance, rent increases, prescription combinations that are complicated and confusing, and even about elderly who have become victims of personal or lottery scams.

Education of our students is a very substantial part of our program. Our program is a curriculum and the credits earned have no numbers attached. The results are in the hearts of the students!

A big Thank You to Our CAREGIVERS supporters from May 2006 to October 2006, and a big apology to the supporters that were not acknowledged in our last newsletter.

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 Affinity Bank
 Friendship Connection
 NAWBO
 Oxnard Elks Lodge No.1443
 San Buenaventura Women's Club
 Sisters of The Holy Cross
 Trinity Lutheran Church

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 United Way of Santa Barbara
 United Way of Ventura County
 United Way, Inc. Of Los Angeles
 United Way-Macy's West Campaign
 Wells Fargo Foundation
 Wood Claeysens Foundation

CAREGIVERS to the Rescue

By Michelle O.

I called upon **CAREGIVERS: Volunteer Assisting the Elderly** one day when my legs would not work. I have Multiple Sclerosis. Personally, I think we are all challenged in one way or another. Don't you? I had to go for a pre-op appointment with my neurosurgeon as I developed a cyst on my spine. That is why I could not stand for more than five minutes. After being in pain for about seven months, I couldn't wait to have the surgery. I thought, "Just put me to sleep and remove this thing so I can get on with my life.

CAREGIVERS furnished the transportation necessary to take me to that appointment so that I could have the necessary surgery for the cyst to be removed. Thankfully it was removed very successfully within the next week.

Another problem I have are the fruit trees in my backyard. Although I always attempt to pick and bag the good ones, the bad ones fall and have to be picked up from the ground which I cannot do. *Marion and the young students from the "Building Bridges" program were gracious enough to come over and do that task for me.*

The next real assistance came when I had an allergic reaction to a medication that I was taking. I woke up with all these welts all over my body and I was itching like crazy. I could not drive, so

I called **CAREGIVERS** and a volunteer immediately bought me some Calamine Lotion. It worked beautifully and of course I stopped taking the drug that was the cause of all my troubles.

If ever you have the occasion to be whisked to the hospital by ambulance, always take cab money to get home. Or pre-plan your escape by calling **CAREGIVERS** giving them enough time to spring you from the hospital. It is very costly to ride a cab. It may cost you \$20.00 one way depending upon where you live.

So, be thankful for the rides you get from **CAREGIVERS** and the other chores that they may be able to do for you. They are a blessing to us all.

May I wish everyone in the **CAREGIVERS** program a healthy and happy 2007!

Thank you

Thank You

Thank You

We want to thank Maureen Buchanan for creating the wonderful Sailathon Poster for us this year and working on the colored brochure that went out to every participant involved in our charity sailing event. Maureen, we really appreciate you!

15th Annual "Wearin'o' the Green" Golf Tournament

Reserve your Space Now!

March 5, 2007

We are currently taking reservations for our 15th Annual "Wearin'o' the Green" Golf Tournament to be held on Monday, March 5, 2007 at the beautiful Spanish Hills Golf and Country Club in Camarillo. Register early before Friday, January 5, 2007 to be entered into an Early Bird Drawing for a mixed case of Tablas Creek Wines from Paso Robles. Please call Terri at 805-658-8530 or email tkeffer@vccaregivers.org. Come join us for a full day of golfing with good friends, great food, & fabulous auction prizes!

**We wish Veronica Daube,
who was our Event
Coordinator, the best of
luck in her new job with
the Oxnard Chamber of
Commerce**

HATS OFF TO VOLUNTEER ANNUAL DINNER

By Executive Director Carol Boatner



Scholarship recipient DaNae Robinson and Dir. of Student Program Marion Holzwarth.



Board member Ron Willis and wife Mariaemma.

On September 24th, CAREGIVERS Volunteers Assisting the Elderly held their 22nd annual recognition dinner honoring their very special volunteers at the Poinsettia Pavilion in Ventura.

The Rotary Club of Marina Rotary graciously accepted to prepare & cook the tri-tip and chicken dinner for the 15th year. Thank You Marina Rotary! Also our good friend Oscar Esmaili, owner of the Royal Bakery and Café, donated a chocolate sheet cake that was as one volunteer put it "Out of this World"! Thank You Oscar!

We were fortunate to have the Billy Clower Dancers come to entertain us with some wonderful tap dancing routines that put smiles on the faces of all in the audience.

During this event, we were able to hand out scholarship money graciously donated by Aegis Assisted Living, Howard Boroughs and the Foresters to the following students

from our "Building Bridges" Intergenerational Program:

Spencer Bautista
St. Bonaventure High School

Anthony Huerta
Buena High School

Matthew Rohrbach
St. Bonaventure High School

DaNae Robinson
Foothill Technology High School

Geri Yokum, Dianne Kleppinger, and See's Candy Store donated the many prizes that were given out during our fun raffle and we thank each and everyone of them for their participation.

We sincerely thank the many volunteers, entertainers and staff members who came together this year to make our party a very special one.



Staff showing off Royal Bakery's chocolate delight!

The secret of staying young is to live honestly, eat slowly and lie about your age.

Lucille Ball, Actress

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.

CAREGIVERS MISSION

To promote the health, well-being, dignity and independence of frail, home-bound elders through one-on-one relationships with trusted volunteers.

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