

Heart & Hands

CONNECTION



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Dignity Health Explores Volunteer Caregiving as a Means to Reducing Hospital Readmission Rates

Volunteer Caregiving is central to two concurrent grants awarded by Dignity Health to address seniors who are at high-risk for over-utilization of hospital resources due to a health crisis, lack of access to health services and health education.

“Our 33-year old model of Volunteer Caregiving has demonstrated success in more than 650 programs throughout the country, and it’s rewarding to see the healthcare community integrating the one-on-one match in more and more meaningful ways,” said Judy Tabert, president of the National Volunteer Caregiving Network.

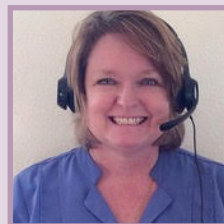
The two grants happen to overlap — one through The Dignity Health Social Innovation Partnership Grant and the other through St. John’s Community Grants Program, utilizing unique qualities of a combination of seven organizations with CAREGIVERS serving as the fiscal sponsor.

The first grant, “A Coordinated Approach to Homecoming for Seniors” has allowed CAREGIVERS, Livingston Memorial Visiting Nurse Association and Our Community House of Hope to work closely together in a formalized approach that encourages communication among the partners caring for seniors in County.

The second grant, “Social Innovation Partnership” aligns with the Volunteer Caregiver model to pair senior health sciences students from CSU Channel Islands with recently discharged patients and connecting with Camarillo Healthcare District’s community resources. Almost 20% of the second grant is budgeted for collecting and analyzing HIPPA compliant data that will demonstrate the value metrics of this service model using our community partner Matter Labs.

DIGNITY HEALTH EXPLORES VOLUNTEER CAREGIVING continued on page 7

Teleconnect4Seniors Adopts Phone Friends Program



Phone Friend Barb

CAREGIVERS’ Phone Friends program received a huge boost of support in September when Teleconnect4Seniors offered to supplement check-up calls, valued at close to \$14,000, for the office team.

Launched nearly five years ago, CAREGIVERS Volunteer Linda Morrisett, who was trained in the Stephens Ministry, helped to design the Phone Friends program. Under that model, the office team coordinated quarterly check-up calls often recruiting seniors to call other seniors.

“We’ve had some good success with Phone Friends and quarterly calls by the office team, but ideally we wanted to build the effort up to allow for regular monthly calls,” said Board Chair Gail Field. “When Teleconnect4Seniors approached us to donate their Senior Support Specialists as callers, the fit was perfect.”

Teleconnect4Seniors is a 24 hour/7 day-a-week, U.S. based call center specifically designed to provide virtual assistance to mature adults. “We answer general questions, do basic internet searches, provide technical support for computers and mobile devices, provide reminders for

TELECONNECT4SENIORS ADOPTS PHONE FRIENDS PROGRAM continued on page 2

Profile Match: Clara & Sue By Jim Bonner, Volunteer Writer & Photographer

Meet Clara and Sue, two ladies from very different backgrounds. They've been matched for the last year and a half and became good friends because of CAREGIVERS.

Volunteer Caregiver Sue visits Clara once or twice a week, talks to her often on the phone and goes to town with her for appointments, doctor visits, and lunch. It's not hard to see they're just having fun doing things together. Both enjoy spending time at 99 Cents and Dollar Tree stores.



Sue and Clara

Photo Credit: Jim Bonner

Clara, who proudly told me she is 97 years old, and Sue enjoy each other's company very much. Sue told me she still remembers their first outing together to the dentist and Clara wore pink boots, pink Levi pants and a pink jacket. She said Clara likes "bling" with costume jewelry, and during the interview, I noticed Clara "dressed to the nines," with nice nail polish, two colors that alternated by fingers. She dressed as if ready to go to a party, with her hair done, stylish clothing, and with earrings and a bracelet. Sue truly enjoys being with Clara who is witty, loves to joke, is fun and most of all, has a positive outlook on life. It's no surprise Sue thinks Clara is an inspiration for her.

CAREGIVERS seniors reside throughout the county now. In this case, Clara lives in a remote area of Somis that is planted mostly in avocados with a statue of a big beautiful white horse in her front yard. The horse was a symbol for the many that came from all parts of the country to be trained by her husband, Frank, a famous trainer of both horses and riders. Her husband was also an inventor of horse-related items and even designed and patented a saddle that was sold throughout the western states. To top it all, for more than 50 years they competed in horse barrel races, pole races and assorted obstacle horse races. In 1986, he became the oldest rider ever to place a horse in the Gymkhana Hall of Fame.

Born and raised in Missouri, Clara moved to California to work for the Navy at Point Mugu. She met Frank, also from Missouri, at a dance in Ventura. He used to deliver milk to stores for Knudsen and in his free time, he bought homes. Together, they both worked to fix them up, and sold them later to augment their income. Frank's love for horses, having grown up on a farm, led them to have many on their properties. Clara remembers they probably had 35 horses left in the corrals upon Frank's death.

Originally from Phoenix, Arizona, Sue moved to Ventura with her family when she was five years old. She became a school teacher, making her mark in special education, and retired after 35 years. She enjoys travelling, reading, and going to exercise classes. When the health of her parents deteriorated, she moved them in with her so she could take care of them. Her mother lived to be 91 and her father to 102.

Knowing the good work CAREGIVERS is known for, and the important role of a "companion" for older people, she's offered her time as a volunteer for the last five years. She stayed with her first assignment until the lady required nursing care which went beyond volunteer caregiving. Then, Sue volunteered for another assignment and was matched with Clara after Frank had died in 2011.

Unlike many of the seniors served at CAREGIVERS, Clara does have local family. She and Frank raised three children together and her grandson and his family moved in with her near the end of Frank's life. Still, even though family live in the home, there is a need for a friend who is a companion, a confidante and in this case, a "best friend." This is where CAREGIVERS shines, filling in so many of the gaps that our elderly experience. I can see Clara and Sue have a happy and richer life as friends—and that's all thanks to CAREGIVERS. ♥

TELECONNECT4SENIORS ADOPTS PHONE FRIENDS PROGRAM *continued from page 1*

appointments or special events via phone, email or text messages, and are even available just to talk," said Judy Kessler Block, COO of TeleConnect, noting that a monthly subscription to Teleconnect is valued at \$19.99.

In the case of CAREGIVERS, Teleconnect serves as an extension of the eyes and ears for the office team. Senior Support Specialists Barb, Natalie and Cynthia have now been screened and trained as Phone Friends for CAREGIVERS. "As is our practice, all contact

information and outreach is proprietary and confidential to CAREGIVERS," said Board Member and Attorney John McBride who reviewed the gift agreement. "Barb, Natalie and Cynthia are supplementing our existing Phone Friends program."

Phone Friends range in age, which makes for a diverse conversation on the phone. "I'm not that much younger than some of the seniors," said Phone Friend Cynthia, "and I had the most delightful call with

one of the ladies that's served by CAREGIVERS. We must have been on the phone for 30 minutes, and it made me realize how nice it is to have someone to talk to. We're accustomed to speaking with seniors throughout the day, whether through partnerships or with our direct customers, we treat every call with respect, patience and understanding." When Cynthia wrapped up the call, she forwarded a request for Building Bridges program to the Office Team. It's a win-win for everyone! ♥



SAILATHON



Capt. Jim Adriansen with Blake and Charlie Wade aboard Miramar

The Ugly Fish returned to Pierpont Bay Sunday, October 22 according to several unconfirmed sightings at the 2017 SAILATHON to benefit CAREGIVERS. The event marked its 16th year and more than \$20,000 in fundraising. Pierpont Bay Yacht Club took “The Ugly Fish Award” for most participation with 16 crafts on the water in Pierpont Bay. All total, 34 registrants were out on the water,

including David Chase with *Uhambo* which garnered the “*Ca\$h Me If You Can*” Award for most monies raised by an individual. Randy Alcorn, representing Anacapa Yacht Club, from *Out Patient* sailed with Doug Schulz on *Vivacious* this year and proposed a new challenge for 2018 to recognize the yacht club that raises the most money. This was before he found out that Anacapa Yacht Club raised the most funds by a yacht club despite the fact that they only had seven crafts on the water. (Editor’s note: *The rivalry among clubs remains robust!*)

Jan Lawson from Ventura Yacht Club, with event founder Andy Killion, kept a watchful eye on participants from The Leo as outrigger canoes, catamarans, sailboats, and powerboats jockeyed at the starting line to make the most laps. Winners were recognized in every category: Mono-hull tied with three (*David Chase, Uhambo; Vern Haller, R Escape; Mike Taylor, Main Squeeze*); Multi-hull (*Hall Stratton, Prindle 19*); Powerboat (*Ken Recla, Galene*); and Human-Powered (*Bob Sage, Kukini*).

Sponsors included:

SCAN Healthcare, La Dolce Vita, Ginny & Bob Camarillo, ElderAdmin, Ventura Harbor Boatyard, Richard & Susan Countess, AAA Propane Service, Boatswain’s Locker, Channel Watch Marine and SpiceTopia.

Ugly Fish Signature Dishes were served at Danny’s Deli & Grill, La Dolce Vita, Copa Cubana, 805 Bar & Grilled Cheese, The Greek Mediterranean Steak & Seafood, and Margarita Villa. Additional locals contributed to the awards reception: Jersey Mike’s Subs, Brophy Bros., Fresh & Fabulous, Leisa’s Famous Cheesecake, Noah’s Bagels, Missy’s Cupcakes and Bart’s Cookies and Judy Nolde’s Ugly Fish Oyster Shooters!

Of course, the real winner besides CAREGIVERS was the elusive *Ugly Fish*, the event’s mascot who escaped capture. Visit YouTube “*In Search of The Ugly Fish*” for a short video on this local menace. For more information on next year’s event or Volunteer Caregiving to help a homebound senior in Ventura County, call (805) 658-8530 or visit www.vccaregivers.org. ❤️



**Buy Early, Buy Often:
Get your Ugly Fish™
Memorabilia Today**

Visit <http://www.zazzle.com/vccaregivers>



CHARI-TEE PUTT PUTT TOURNAMENT for CAREGIVERS



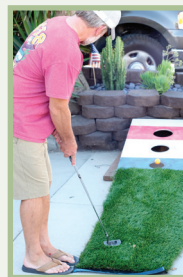
Neighbors from Silver Strand once again hosted the Chari-Tee Putt Putt Tournament the Saturday before Thanksgiving. This year’s event featured a taco bar, free drink tickets, raffle prizes and turkeys for the winners.

In the spirit of Rodney Dangerfield, the event kicked off at Green #19 (The Beachcomber Tavern) making the turn at Hole #1 (Wanda Pirkle Park) sponsored by the Channel Islands Gulls.

Sponsorships reached an all time high at \$6,750 in monies raised—and that was prior to the turn-out from registrants who also supported the event. Special thanks to Ray Capolla, The Port of Hueneme, Brusco Tug & Barg, Skyview Mortgage, Domino’s Pizza, Beachcomber Tavern, Meggie Hawthorne of Keller Williams Realty, Searle Creative Group, Premier America Credit Union, ARTZworks.com Gallery & Workshop, Help Unlimited, Tractide Marine Corp., Fiona Ma, Bob Jurik of Re/Max,

Townsend Public Affairs, The Channel Islands Gulls, Mary Anne Rooney, Far West Construction Company, Lisa Anglin of Fidelity National Title and Tamara Rossie-Molina, First American Home Buyers Protection Corporation, and RJ of Fidelity National Title.

The 2017 Committee worked hard to refine the event this year and even invited locals to prime the pump for participation by hosting a Golf Cart Parade before registration. Special thanks to Co-Chairs Jim Burdette, The Beachcomber Tavern and Parker Jellison, Berkshire Hathaway; Sarah Kelleher, The Channel Islands Gulls; Suzanne Jellison, Silver Strand; and Meggie Hawthorne, Keller Williams. Grand Marshalls and Event Founders Jason Hodge and Fiona Ma, who also serves as an Honorary Director, kept a watchful eye. They started the event close to seven years ago when a neighborhood teen died in a tragic circumstance. Jason wanted to make sure neighbors had an opportunity to get to know each other under better circumstances. ❤️





From left to right: Megan, Marketa, George, Courtney, Tammy

Welcome Bill Kracht to the Board of Directors

CAREGIVERS welcomed the newest member of the Board of Directors, Bill Kracht, in September. Bill has been active with the *Norm Weitzel Open* for the last few years and now hosting the **2018 McGrath Family Wearin' o' the Green** committee meetings at his own O'Leary's with Event Chair Jim Nicoll, Nicoll Insurance. Bill brings his business and board experience to CAREGIVERS, taking pride in serving both ends of the spectrum at the Boys & Girls Club and now with seniors. "I'm especially interested in helping CAREGIVERS expand to the east county," Bill said. "I'm looking forward to making that contribution to Ventura County." The golf committee—which raised more than \$50,000 last year—was just getting settled when Photographer Jim Bonner caught them getting down to work. ❤️



Pictured (starting far left) Doug Miller; Megan; Tammy; Courtney; Bruce Holley, Kirby Kia; Bill Kracht; Paul Hardy of All State and Jim Nicoll. They were awaiting the arrival of fellow committee members: Tom Shaw, Eric Allison, Gary Best, Jack Collings, Jack Ging, James Hendrick, Jim Jacobs, John Dwyer, John Towne, Keith York, Marlen Torres, Masood Babaein, and Pablo Ortiz. Join them at their next meeting! For more information, call the office at (805) 658-8530.

Comings & Goings

Marketa Pospuchova

The Office Team bid farewell to Program Analyst Marketa Pospuchova at the beginning of the summer. Marketa forged her role at CAREGIVERS when she first volunteered in the office while a student at Ventura College. "Her work ethic was remarkable," said Executive Director Tammy Glenn. "We practically hired her on the spot for a position that didn't even exist." Since 2013, Marketa helped to streamline the office. After taking on all of the updates for senior/volunteer activities, she then used her knowledge for the Deep Clean of the database. She helped to create a Style Guide and Search Codes that are used every day. She (and her colleague, Meredith Butler) personally scrubbed more than 8,000 records down to every last comma and abbreviation. The results were first evidenced in bulk mailings, but the real demonstration has been in the evolution of reporting.

In the last year, CAREGIVERS has been able to track trends that are measured consistently from quarter to quarter, year to year. Knowing the level integrity behind our data has given us great confidence when it's come to grant reports and the development of our Annual Report which is released in the fall based on year-end data results. Speaking of which, Marketa helped to redesign the Fall Appeal letter with significant cost savings.

Most of all, Marketa tackled every challenge, and usually always prevailed! "I mean this in a very fond regard when I tell you that having Marketa in the office has been like having Mr. Spock from Star Trek at our side. Always logical, always practical, and always with dedication and commitment," Glenn said.

Megan Hickernell

As Marketa was transitioning to a new job and school commitment, Megan Hickernell was promoted to Development Assistant. Building on her skillset as the Administrative Assistant and Event Coordinator, Megan often finds opportunities to work with prospective sponsors. "She first demonstrated this natural ability to work with the volunteer committees and sponsor leads on the **2017 Wearin' o' the Green** which grossed more than \$50,000," said WOTG committee member Bill Kracht who now serves on the CAREGIVERS Board of Directors. "With Tammy Glenn's background in major gifts, not only will Megan benefit from a strong mentor, CAREGIVERS will have more ability to reach a broader donor base in Ventura County."



Dee Weddle

CAREGIVERS welcomed a new Program Assistant, Dee Weddle, on Oct. 23. Dee graduated with a Medical Billing Degree from Santa Barbara Business College and brings 18 years of office experience in data management, customer service and social media to CAREGIVERS.

As an informal caregiver to her mother, she was eager to find a part-time position that would allow her the flexibility she needed while still earning some income. "It's hard to believe Dee has just started with us," said Program Manager Courtney Darrough. "She's jumped right in with a quick learning curve!" ❤️



Coffee@CAREGIVERS

With the holidays upon us, mark your calendar for the next coffee on Jan. 25, 2018

11 a.m. to Noon | 4th Thursdays
CAREGIVERS Office
 1765 Goodyear in Ventura

Join us in the office for a casual get-together with other volunteers who are serving seniors.

Share your triumphs, but most of all, share your challenges. We can all learn from each other's experiences.

RSVPs are welcome, but not necessary to participate.



CAREGIVERS: Volunteers Assisting the Elderly wishes to thank everyone for their generous support. April 6 - November 4, 2017

Following is a list of Donors who were able to give January 1 - November 4, 2017

INDIVIDUAL DONORS

Lydia Arreola Paula Kelley
Doris Clark Maria Page
George Diem Amalia Razo
Diana S. Enos Addison Romero
J V Frazier Raj Sajjan
Vipin Gupta Davis Thompson
Mary R. Johnson Barbara Ann Weinberg

CORPORATIONS, FOUNDATIONS AND LOCAL GOVERNMENT

Altria Group, Inc.
Amgen Foundation Staff Giving Programs
AT&T, YourCause
California Association Health System
City of San Buena Ventura
Enterprise
First United Methodist Church
Gold Coast Health Plan
Kaiser Foundation Hospital
Livingston Memorial Foundation
Martin V. Smith & Martha K. Foundation
May & Stanley Smith Foundation
OMRON Foundation, Inc.
S&S Bankcard Systems
Silicon Valley Community Foundation / Edison International
Sisters of The Holy Cross
Trinity Lutheran Church
TRUIST
United Way California Capital Region
United Way of Ventura County
Walmart #3650
Walt Disney Company Foundation

SPRING APPEAL

Chouinard Family Trust
Doris Clark
Stan Weisel
Tolosa Charleen Boxx
Beverly Ann Erickson
Marika Gapper
Susan Lacey
MaryAnn Memmer
Margery A. Ricards
Ilona Veszpeller

WEARIN' O' THE GREEN

Coast to Coast Computer Products
Gold Coast Transit
David Honda
John McBride
Nicoll Insurance & Financial
David SchwARTZ
Ventura County Deputy Sheriff's Assoc.

SILVER STRAND PUTT PUTT

ARTZworks.com Gallery & Workshop
Brusco Tug & Barge Inc.
Ray Capolla
Domino's Pizza
Far West Construction
Help Unlimited
Fiona Ma
Premier America Credit Union
ReMax - Bob Jurik
Mary Anne Rooney
Searle Creative Group
Skyview Mortgage
The Port of Hueneme
Trac Tide Marine Corp.

EVENING OF GRATITUDE '17

Assisted Home Health & Hospice Foundation
Assisted Home Hospice
Buena Vista Palliative Care & Home Health
Comfort Keepers In Home Care
Ginny & Bob Camarillo
SCAN Health Plan

SAILATHON 2017

Jim & Dorothy Adriansen	Jeremy Grewal	Pilates Teck, Inc.
Randy Alcorn	Rick Griffith	Elliott Piper
Anacapa Yacht Club	Verne Haller	Stacy & Joe Pizzuti
Alan Annis	Lindsey Hanson	Jerzy Poprawski
Georgette Audet	Margaret Harris	Isabel Ramseyer
Aviation Medicine Corp.	James Hendrick	Ken Recla
Anil Bamezai	Maggie Hood	Michael Register
Richard Barrett	Michael Hopper	Tina Roberson
Jeff Birdt	Tony Huskey	John Roland
Boatswain's Locker	Andy Killion, SA SAMS	Mark Rossman
Carlos & Patricia Brea	Law Offices of Thomas E. Malley	SCAN Health Plan
David & Sheri Bruhn	Patricia Libby	Taylor Schlub & Stevie Sweet
David Burnett	Janet Lincoln	Phil Scrivano
Larry Burroughs	Llewellyn Supply Company	Ross & Roberta Skidmore
Ginny & Bob Camarillo	Cie Macias	Amy Smith
Channel Watch Marine	Bill Mattson	SpiceTopia
Robert Chappell	Douglas McHugh	SoCalGas
David Chase	Judy Mikovits	Hall Stratton
Dan Chepley	Mark Mollman	Michael Stuzane
Dominic Cortese	Rich Montmeny	Wilhelm Tacke
Richard & Susan Countess	Bill Mood	Joanne Tague
Joleen Darland	Kim Morris	Larry Thompson
Graham Dawson	Marshall Murphy	Joe Underwood
Kristine DeDiana	David Nolde	Ventura Harbor Boatyard
Paul Derby	Jeff Oldstead	Ventura Outrigger Canoe Club
Richard Doherty	Donald Olson	Ventura Yacht Club
ElderAdmin	Christine Owens	Vinyl Concepts, Inc.
Dawnita Fendley	Jeff Paige	Blake Wade
Greg Frank	Kathleen Paulson	Steve & Robin Whyte
Sherry Gaba	Petes Sake LLC	Wifi Harbor - Mike Taylor
Bill Gibbs	Pierpont Bay Yacht Club	Doug Winbury
Gary Goodman		Mitch Yount

GIFT IN KIND

Anacapa Dental Art Institute	Doggin' Around	O-Hi Frostie
Andria's Seafood Restaurant	Elite Island Resorts	Pierpont Bay Yacht Club
Andy Killion	George Thompson's	Port Supply
ARTZworks.com Gallery & Workshop	Tammy I. Glenn	Schaefer Marine
Georgette Audet	Megan Hickernell	Sea Fresh
Bark em Pet Supplies	Inflatable Boat Specialists	Smoke Shop +
Bart's Cookies	Island Packers	Snapper Jacks Taco Shack
Boat U.S.	Jersey Mike's Subs	Sweet Pea's Flowers & Gifts
Carol Boatner	La Dolce Vita	The Copa Cubano
Brophy Brothers Restaurant & Clam Bar	Latitude 38	The Refill Shoppe
Channel Islands Maritime Museum	Leisa's Famous Cheesecake	The Taj Café - Indian Cuisine
Channel Islands Sportfishing Center	Llewellyn Supply Company	The Wharf
Crowne Plaza Ventura Beach	Lost in Socks	Tina O'Brien Mermaid Gallery
Custom Embroidery	Lure Fish House	Trader Joe's
DeEtta Message Therapy	Jay Midgley	Ullman Sails
	Missy's Cupcakes	Ventura Harbor Marina & Yacht Yard
	Mom & Pop Flower Shop	Ventura Swimwear
	Kim Morris	Wheel Fun Rentals
	Judy Nolde	Yolanda's Mexican Cafe
	New West Symphony	
	Noah's Bagels	

IN MEMORY OF MARTY KAPLAN

Lauraine Effress	Lisa Hart	Michele Silverstein
Yolanda Enamorado	Jeremy Kaplan	John & Lillie Tourette
Carlos & Hope Escario	Elliott Lessen	Norma W. Van Ripper
Diane & John Flynn Family	Susan Sher	

IN MEMORY OF...

Susan Lane Stalbird	In Memory of	Howard Boroughs
Lynn Alesso	In Memory of	Alene Martinez
Augie Martinez	In Memory of	Alene Martinez
Leonora Schreiber	In Memory of	Alfred Schreiber
Richard Calzada	In Memory of	Lucy Montanez Garcia
Ernie & Suzy J. Melonas	In Memory of	Nick & Olga Melonas
Ernie & Suzy J. Melonas	In Memory of	Peg Russell

IN HONOR OF...

Bob Braitman	In Honor of	John Baker
Don & Frances Brown	In Honor of	Courtney Darrough
Melinda Johansson	In Honor of	Tammy Glenn

HEART & HANDS SOCIETY



Don & Terry Belless	Ed Rose
Ginny & Bob Camarillo	Jack Tingstrom
Judith Chamberlin	The McGrath Family
Jack & Wendy Collings	Clan
Augie Martinez	The Norm Weitzel Family
John & Katie McBride	

HEART OF GOLD



Ray Capolla	J. Susan Sher
Diane & John Flynn Family	John & Lillie Tourette
Tammy I. Glenn & David SchwARTZ	Lynn Weitzel

HELPING HANDS CLUB



Randy Alcorn	Bill Kracht
Lynn Alesso	Ray Krakowski
Patricia Allison	Edward & Susan Lacey
Alan Annis	Roger Lalonde
Georgette & Dominic Audet	Fiona Ma
Helen Babcock	Cie Macias
Richard Barrett	Sam Martinez
Peter Barry	Sharon P. McGahan
Gary Best	Mary McGrath
Jeff Birdt	Beverlee McGrath
David & Sheri Bruhn	Dan McGrath
Richard Calzada	Martin McGrath
Dan Cameron	Philip & Joanne McGrath
David Chase	Ernie & Suzy J. Melonas
Jim & Sue Cheek	Steve Michalec
Mary Jo Coe	Judy Mikovits
Dominic Cortese	Steve Mimiaga
Ed Cortez	Chap Morris
Richard & Susan Countess	Aleli Pascua
Jon Dettmering	Kathleen Paulson
Chuck Diego	Jeff Pennington
John Dwyer	David & Tracy Platt
Movses Eleyjian	Dan & Jamie Price
Bill Elmer	Ken Recla
Yolanda Enamorado	Mary Anne Rooney
Beverly Ann Erickson	Frank & Sandra Ruscetti
Matt Fausset	Robert Segovia
Jon Forgey	Mel Sheeler
Jerry Gallagher	Ross & Roberta Skidmore
Bill Gibbs	Michael Slater
Melissa Gibbs	Susan Lane Stalbird
Rick Griffith	Berta Steele
Paula Griggs	Hall Stratton
Shirley Hackleman	Tami Tapia
Verne Haller	Dorcas Thille
Ross Hoffman	Charles & Blake Wade
David Honda	Mary J. Wallace
Maggie Hood	Jerry Warwick
Tony Huskey	Stan Weisel
Jim Jacobs	John Weitzel
Marty & Lydia Kaplan	Steve Weitzel
Randy Kendall	Dave Weitzel
	Jeff Wentling



You can use the **Donate** button at www.vccaregivers.org to make your gift today. Just be sure to send us an email to info@vccaregivers.org designating your honoree.

Some donors are not listed and wish to remain anonymous. If your name is missing, incorrectly listed or misspelled, please accept our sincere apology and bring the error to our attention.

CAREGIVERS: Volunteers Assisting the Elderly does not sell or share its donor list with any other organization.



Remembering our dear friend & Board Member Marty Kaplan 1940-2017

At 77, Marty distinguished himself over the years, shooting out ahead of classmates as a teenager, and following suit in his professional accomplishments.

In his last 17 years of retirement, he turned his focus to serving seniors. That's a special kind of individual. In fact, Marty represents about 1.1 percent of the California population who dedicated their philanthropic interests to Aging and Seniors.

He didn't just contribute as a donor, he brought his time and talent to this mission of serving the elderly. Starting at CI's Osher Lifelong Learning Institute where he served hundreds of students, compounding his responsibilities at the Area Agency on Aging as a long-term and Founding Member of the Agency's Advisory Council and outreach committee and the Optimal Aging Committee.

"Marty was a great guy. He was also one of the first advisory council members concerned about baby boomers and what we could do to reach out to them. He was a great man and will be missed." — Victoria Jump, Director, Area Agency on Aging

All of us at CAREGIVERS would like to think that the penultimate of his contributions came in his service to the homebound seniors we serve.

Marty joined the CAREGIVERS Board in 2011, and was tremendously instrumental in guiding this organization. He led the way in establishing a Memorandum of Understanding with CSUCI to host

Service Learning students and made this one of our most successful endeavors.

He helped brainstorm our lovely volunteer recognition program, our Evening of Gratitude, which has become a staple event every spring.

In between Dodger stories, Marty took great pride in being part of the Volunteer Caregiving mission.

He'd seen enough to know that this was a mission that needed leadership and support. And, it was personal to him—as it is for any of us who have been in a caregiving situation or had the opportunity to observe the aging process.

You don't just get old and die. There's a grey zone, a twilight period in between retirement and end-of-life when elderly people need a helping hand.

For Marty, the reality of simple every day tasks for frail seniors wasn't lost. He fretted over who would change the water bottle on the cooler when he got too old and frail to handle it himself. He knew CAREGIVERS volunteers would be there to help.

We're going to miss his drop in visits at the office, his commentary on the legitimacy of our SAILATHON mascot, *The Ugly Fish*, his tremendous wit which included some great references to well-known child psychologist, Dr. Seuss, his insights into the 2nd Amendment in the midst of his antique gun collection, his consummate counsel with a professorial twist. Most of all, we're going to miss hearing about this latest travel adventure that he's on.

Wherever he's headed, he'll be as much a Blessing there as he's been here. ❤️

Gold Coast Health Plan Supports Greater Access for Senior Health Care

Gold Coast Health Plan awarded \$1.5 million in grants to 16 organizations throughout Ventura County for programs that focused on the following three social determinants of health: Access to quality health care, Access to quality and affordable food options; and Neighborhood and built environments. This included a grant to CAREGIVERS to support "Access to Senior Health Care through Volunteer Practical Support and Transportation Services."

"We are happy to support the important work CAREGIVERS is doing to address the social determinants of health affecting Ventura County residents," said Chief Executive Officer Dale Villani. "It's especially meaningful when we know that Gold Coast Health Plan can work closely to support community partners like CAREGIVERS



and serve one of our community's most vulnerable populations, low-income and uninsured seniors."

Over the course of the one-year grant, Gold Coast Health Plan is not only supporting the recruitment and retention of volunteers, the grant has several outreach components to strengthen lines of communication between CAREGIVERS, the community and paratransit services. "One of the most immediate results was the line of communication that opened

up for our low income seniors," said CAREGIVERS Executive Director Tammy Glenn. "Gold Coast Health Plan offers a Care Management Department that utilizes attentive Care Managers who personally address the needs of our seniors. That means the world to us given the isolated, frail population with whom we work."

Furthermore, evidence shows that social determinants play a critical role in determining the health of individuals and communities. "It takes leadership and commitment to launch a large-scale program like this one," Glenn said. "GCHP's Community Health Investments came out of the gate with budget designed to transform the community, and CAREGIVERS is proud to be working hand-in-hand to deliver quality health-enhancing supportive services that address those social determinants of health." ❤️



Don Belless

John & Katie McBride

Building Bridges Major Clean Up



On Saturday, June 24, nine volunteers from the Building Bridges Intergenerational Program and our volunteer team from Trinity Lutheran Church spent the day cleaning out an overgrown yard for a very grateful couple that came to us for help last May.

Special thanks to the City of Pt. Hueneme for your assistance in securing a 40-yard dumpster!

“There we all were. The roll-off was standing alone—wide open doors like the jaws of some trash guzzling behemoth—hungry and waiting... There, in the dust and the sun, we looked at the giant monster dumpster...those jaws closed as if to say...I can take no more! I wish to thank everyone for bringing joy of a beautiful home to us.”

— Doug, 61, & Pauline, 81, Pt. Hueneme ♥

DIGNITY HEALTH EXPLORES VOLUNTEER CAREGIVING *continued from 1*



These collaborations are ground-breaking, according to Joan Cardellino, vice president of volunteer services for the California Association of Hospitals and Health System. “The roadblocks that must be overcome to bridge the gaps between the hospital sector and community-based resources like Volunteer Caregiving are not for the faint of heart. These are not natural relationships, but they should be,” Cardellino said. “We’re watching closely as Ventura County breaks new ground in ironing out systems, tracking the economic advantages of working with CAREGIVERS, and learning to lean on the best of everyone’s talent-set for the benefit of the patient.”

While one grant is implementing a four-week follow Care Plan combined with traditional and ongoing volunteer support, the other trains Health Science students over the course of a 15-week semester to focus on patients who are struggling with common conditions that often contribute to readmissions: Diabetes, Congestive Heart Failure and Chronic Obstructive Pulmonary Disease.

“Caregivers is partnering to provide not only psychological and social support through engagement, but to incorporate the educational resources of Camarillo

Healthcare District and student health coaches to more fully develop the senior/patient’s path to healthier living.” said Richard Montmeny, Chief Operating Officer St. John’s Pleasant Valley Hospital.

In addition, the plan for evaluation of each grant will ensure accountability for program outcomes and hold the grantees accountable as stewards of the resources with which they have been entrusted.

George West, who heads Dignity Health’s Community Grants said, “The two projects complement each other and truly support Dignity Health’s values of dignity, collaboration, justice, stewardship, and excellence by bringing together various stakeholders from diverse backgrounds across the community to provide compassionate support to socially vulnerable older adults.”

As the grants conclude over the next year, CAREGIVERS will be working with their community partners to identify continuing resources that will allow the organizations to replicate and sustain these efforts throughout the Ventura County healthcare continuum, and possibly throughout the volunteer caregiving network. “We are extremely grateful to Dignity Health for taking a leadership position that has such extraordinary potential to leverage the Volunteer Caregiving model locally and nationally,” said Tammy Glenn, executive director for CAREGIVERS. ♥

Remembering Those Who Bring Meaning to Our Work and Volunteerism...

April 30, 2017 - October 31, 2017

Thebe Levine

Senior served since 2011



To all the CAREGIVERS that loved and cared for Thebe.

Your love and commitment to our mom in her last days are appreciated and cherished! Thank you so much for being there.

— Love, Darleen Levine

Robert Adkins since Sept. 2010

Josephine Biggs since May 2017

Elaine Cansor since Dec 2014

Alice May Dawson since July 2014

Alice Dubis since 2008

Elvin Eaton since 2009

Telesfora Espericueta since 2011

Clarence “Jay” Everton since 2010

Marcia Flannery since 2005

Norma Foster since Jan. 2017

Miriam Frasure since 2015

Ellen Gelfand since 2010

Sherri Gould since 2015

Raymond Harnois since June 2017

Charlotte Hoffer since 2009

Sandra Kaufman since 2015

Gerry Kenton since 2011

Jeryl “Jerry” Lacayo since 2013

Thebe Levine since 2011

Richard Martinez since 2013

Helmi Meagher since 2012

Dorothy Mitchell since 2011

Mary Sadlier since 2011

Sharon Schill since 2011

Oren “Bill” Waite since 2013

Sarah Waite since 2013

Joyce Walker since 2009

Beatrice “Bea” Williams since 2008 ♥



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CAREGIVERS MISSION

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

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*Thank you to Jim Bonner,
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Time and Talent Needed

**Join us for our next
committee meeting.**

Call (805) 658-8530

*Help out and meet some new friends
as we gear up for events in 2018*

- **Norm Weitzel Open**
Monday, March 19, 2018
- **Evening of Gratitude**
TBA May / June 2018
- **Sailathon**
October 21, 2018
- **Silver Strand Chari-Tee Putt Putt**
Saturday, November 17, 2018

CAREGIVERS is one of the original pilot programs for volunteer caregiving — in the nation! Founded in 1984, the Sisters of St. Joseph of Carondelet collaborated with Trinity Lutheran Church, Ventura; First United Methodist Church, Ventura; Sisters of 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: Volunteers Assisting the Elderly is committed to providing services, offering employment and volunteer opportunities to all, without discriminating on the basis of age, gender, race, religion, sexual orientation, ethnicity, national origin or disability.