



CAREGIVERS

The Buenaventura *INTERFAITH* Volunteer Program

NEWSLETTER

VOLUME 5, NO. 1, MARCH 1988

R and R: "Re-Creation" and Respite

One definition of recreation is 'a change of normal activity'. If this is so, then we have been blessed with a 'Recreation Grant', a chance to offer others the opportunity to re-create or renew themselves or as some say, R and R.

Beginning this February, through the Area Agency on Aging, Volunteer Caregivers received a grant to expand the respite care component of the present program. Formally, respite care is defined as relief for the primary caregiver responsible for a family member who normally cannot be left alone. With the aging population and the life expectancy increasing, it is not

unusual to find two to four generations either living together or responsible for each other. If a household finds itself caring for one of their elderly members who has given so generously to them in the past, they are more than willing to reciprocate by caring for them now. Yet, at the same time, to be able to take some time off for a change, either for errands, social events, or rest is also a need for the primary caregiver.

Our respite program will affect three areas. First, the hours of respite offered will include longer hours, i.e. a minimum of half day, often a whole day, and occasionally overnight. Sec-

continue on page 2

Respite, continued from page 1

ondly, we will be gradually expanding outside the city of Ventura into the county as our volunteers become available in those areas. And lastly, we will be able to offer our respite volunteers a stipend for their ministry. Our services will still have those important components of non-medical and non-professional services; assessment and guidance of the care, and support for the respite volunteers.

We ask each of you to pray with us that God will bless our efforts and services to those families who so generously give loving care to their elderly family members.

Sister Patricia

Letters, We Get Letters

Dear Caregivers Staff,

A year ago I was searching for a way to fill my days and to *repay in some small way the blessings I have received*, when I read of Josephs. Because of a life long devotion to St. Joseph, I felt that, surely, this had to be the answer.

The day I volunteered, Sister Veronica sent me to the Campbells, Clyde and Gertrude. In this year, supposedly of my service to them, *I feel I've received far more than I've given*. They are

two kind, loving and very enjoyable people. From them I have learned much of early Ventura and Santa Barbara, received many tokens of their friendship, beautiful flowers from their wonderful garden, tasty samples of Gertrude's culinary skills. On Thanksgiving I was deeply touched by a gorgeous floral arrangement with a note "We are Thankful to Thee".

This year I have made *wonderful new friends whom I thoroughly enjoy*. If I have given them as much as they have given me, then I have accomplished what I sought to do when I became a Caregiver!

Sincerely,

Peggy Wiegand

Dear Friends,

We wish to tell you *we could not do without the help of that dear Peggy Weigand who stays with Clyde so I can get out to shop, etc., and who understands the workings of the oxygen tanks and makes his day more pleasant by her visit.*

Thank you for caring and God Bless.

Sincerely,

Gertrude Campbell

Dear Caregivers,

Just wanted you to know how much we appreciate your caregiver Joe Jaramillo, who takes my husband, a victim of Alzheimer's, for a ride and a walk every week. *Joe is so patient and kind to Harry that my mind is at ease whenever they are together.*

It is difficult taking care of an Alzheimer's

victim and *very few people will do it voluntarily* so we are eternally grateful that you have sent us such a *special person - Joe*. Thank you.

Sincerely,

Elaine Van Akin

Respite Program: From Those Served

My sister was extremely relaxed, for her, and comfortable with the volunteer. I was very secure in knowing there is help and *that I can become part of the outside world again!* Your volunteer was a joy. *She put us both at ease immediately.* I was able to really relax as I felt my sister was being well taken care of. It was a good afternoon for both of us.

Did you know that

Medical Equipment is available:

Walkers, fold-up and non fold-up with seat, portable toilets and shower chair, handrails for bed and bath, canes and crutches and miscellaneous items are on loan from the Caregivers' office. Call 652-0566 for specific information.

We need a video cameraman and his equipment on loan:

It would be helpful for our training sessions, to record our speakers occasionally to benefit future volunteers, and to orient them to our program and ministry.

Calendar

| | | |
|--------|---------|---|
| Mon. | May 30 | Memorial Day - closed |
| Sun. | Apr. 3 | Happy Easter - The Lord is Risen! |
| Thurs. | Apr. 14 | Respite Training |
| Thurs. | Apr. 21 | Coordinator's Meeting 3:30pm-4:30pm |
| Mon. | Apr. 25 | Orientation Part 1, 6:30pm-9:00pm |
| Wed. | Apr. 27 | Orientation Part 2, 6:30pm-9:00pm |
| Tues. | May 10 | Annual Recognition Dinner 6:00p.m. Speaker: Pastor Luther Tolo, Trinity Lutheran Church |
| Wed. | June 8 | Orientation, Part I: 9:30 am - 12:00 noon Part II: 1:00 p.m. - 3:30 |
| Wed. | June 15 | Respite Training: 9:30 - 11:30 a.m. |
| | July | Myers-Briggs Workshops, call office for information |
| Mon. | July 4 | Independence Day - closed |

Eternal Peace

to

Vera T. Collins
Anne De Lambert
Paul Fulop
Abraham Korda
A. J. Lo Celso
Barbara Randell
Vere Shook
Hilaire Uadenais
Bessie Wright

We have been privileged to serve you.
May you enjoy life everlasting and may
your families and friends be comforted.

Notes from Director of Volunteers

"It is in giving that we receive"

There are deep personal rewards in being a Volunteer Caregiver. Many of our volunteers say they receive far more from their ministry of caregiving than they feel their persons served get. They feel the benefit of volunteering lies in their own personal growth and in the joy they feel by helping people remain independent. Offering neighborly help to an elderly person adds a new purpose to their lives. Share your good feelings with others in the hopes that they, too, may seek rewards by becoming Volunteer Caregivers.

Congratulations to those we serve:

Gwinnett and James Haworth
Mabel and Lee Jarecky
on their recent marriages.

May you enjoy each other in companionship
and love for years to come.
(Germain Gwinnett and Lee Jarecky have been
persons served for over a year.)

Adopt-A-Grandparent

Students at St. Bonaventure High School
involved with ACTS (A Chance To Serve)
ministry are bringing youthful experiences into
the lives of some persons served. Read what
Laura Lopez and Mike Marostica feel about
"Grandma."

Grandma

Her hair of silver shines in the light and her
stories of the past always bring about a certain
delight.

Her eyes of blue reveal honesty and her words
of wisdom stay with me constantly.

I never met anyone so dear, her heart always
seems to be so open and near.

She respects and likes to hear my dreams and
tells me never to give up no matter how hard it
seems.

Though her and I are of no relation there
seems to be an unbreakable connection.

For the past months we have had the pleasure
of being part of the Adopt-A-Grandparent
program sponsored by ACTS and Volunteer
Caregivers. Our Grandma has brought a lot of

joy into our lives. To see the smile on her face after each of our visits is a small but great award.

Laura Lopez and
Mike Marostica

Goodbye Volunteers

Thank you for the time you spent
and for helping them in their needs

Shirley Lotz
Carolyn Marquez
Helen McKnight
Eleanor Swartz
Marie Thomas

Welcome

We are blessed with the following
new volunteers and may they be
successful in their ministry.

John M. Atkinson
Janet Bechtel
Jane Dungan
Dr. Lloyd Fellows
Susan Fish
Virginia Fraser
Marian Fowler
Mary Hoffman
Sybil Kulzer
Robert Kulzer
Cindy Malecky
Nadine Neuhaus
Carol Noel
Gwen Schurrer
Janet Short
Leona Stevens
Virginia Steele
Sr. Lorna Swisher

Person of the Month

Of the many fine persons visited monthly by a Volunteer Caregiver is Ida Miller, a lovely lady. Chosen as the subject for a story, Ida graciously agreed to allow us to take her picture. When we arrived to photograph her, we were pleasantly welcomed and immediately she began to talk about her volunteer, Susan, with great enthusiasm. She was full of praise for the "wonderful help" Susan was to her.



*Angela Archibeque (left) with
Ida Miller*



As she talked, one thing she emphasized was her many blessings. Beside, she said, "What good does it do to complain about my little ailments? You know, I can't raise my arms above my shoulders." All the while we were shooting photos, Ida was constantly concerned with our comfort in her cozy home. As we left that day, we were impressed with what a joy it was to be with Ida. She is truly an inspiration!

The following have given donations to enable Volunteer

October 20, 1987 - March 18, 1988

Thank You

Maurry Atmore
Marguerite Axelrod
Neta Becker
Jane Blankenship
Robert Bolton
Daphne Brooking
Susan Buchter
Frieda Burt
William F. Callanan
Chyde Campbell
Jane Chenery
Vera Clark
John Collings
Vera Collins
Lillian Corrigan
Robert Crumley
Ellen Dick
Ethel DiMatteo
Catherine Donnelly
William Dover
Claire Dripdale
Joe and Alice DuRoss
First Lutheran Church,
Women's Guild
Paul Fulop

Gisele Gallagher
Mr & Mrs. Fred Gehle
Ruth & Keith Guthrie
Elisabeth Hall
Edna Hamm
J.L. & Agnes Harris
Mrs. Doris Harris
Betty Harris
Mary Harrison
Nova Hayes
Estelle Hosking
Carl Hillermann
Sisters of the Holy Cross
John Houston
Irene Humphrey
Lee Jarecky
Margie Johnson
Rosemary Kelley
Myrle A. Kirk
Susan Lacey
Louis Liddi
Helen Liddi
Lola Loggett
Dennis & Jeanette Longwill
Sylvia Mack

Gladysce Manville
Betty and Ken Mason
Sophie Mason
Veva McCord
Donnabelle McGonigle
Evelyn McRae
Ida Miller
Cecilia Millette
Louise H. Moore
Kathy Murphy
Gloria Nelson
Mr. & Mrs. J. O'Grady
Doloris Patrie Betty Patterson
Kay Peterson
Marilyn Pezzello
Al & Bev Phelps
Lynn Pollain
Ruth & Clifton Poole
Helen R. Prout
Hazel Quick
John & Trudy Real
Bruce & Catherine Reeve
Kenn & Barbara Ritza
Paul & Evelyn Rose
Anna K. Roth

Caregivers to continue their ministry to the elderly.

October 20, 1987 - March 18, 1988

Thank You

Mabel Schmitt
Marion Smith
Winifred Smith
Delcianna Solomon
Minnie Stangland
Margaret & Robert Stapleton
Mrs. Leona Stephens
Caroline Steyer
Aili E. Sysma
Daryline Thompson
Mrs. Silvia Todd
Barbara Voelker
Ann Urdaneta
Norma M. Vadenais
Elaine Van Akin
Judith & Leslie Vielbig
Richard & Clare Wibbelmann
Helen Young

A Special Thank You

Beverly Alfredson
Ron Ascher
Bergen Brunswig Corp.
Church of the Foothills
Community Presbyterian Church
Eastminister Presbyterian Church
Faria Family Foundation
Julius Gius
Mr. & Mrs. Albert Martin
Phyllis Morsman
Doloris Patrie
Mildred Snowden
John Thow
United Methodist Women

In Memory of:

Mary Ellen Fleming
Mary Little
James Gibbons
Peter Gibbons
Carolyn Appel
Walter Spohr
by
George & Ellen Appel

Robert Blair
by
Ellen Blair and
Lillian & Herman Schneider

Gertrude Howard
Eva Sussman
by
Kathy Murphy

Rose Hougham
Dr. Jack Vaughan
by
Kay Peterson

Margie Zermeno
by
Janet Voigt

A thank you is extended to families who have mentioned Volunteer Caregives in the obituary of their loved one or as a memorial for a special occasion. We sincerely appreciate the recognition that these gifts bring in helping us to continue to meet the needs of the elderly. Thank you again.



In gratitude to all the many helping hands and weeks of work, our Rummage Sale at the Knights of Columbus hall on Sat, March 5, was certainly a success.

Prior to the big day, **Leo** found himself picking up items at many homes including those of volunteers and persons served who managed to also include their friends. Collecting was certainly a concerted effort. After setting up the hall, it looked like we could have gone into business! The attendance was good, the fun was unique and the challenge was an experience.

From the cash table under the able direction of the three **Mary's** - **Braitman, Soloman, and Clopper** - we estimate a profit of somewhere over \$1300. The fundraiser was organized by the Board under the able direction of **Leo (moving van) Kleefisch** and **Jack (Ask Me!) Collings** and it was nice seeing the staff, the board, the volunteers and their many friends helping. It was a special treat when several of those we serve were brought to the sale by their volunteers. Do you think they may have purchased their previously donated item? Again, thank you to everyone!



Counterclockwise from lower left: **Leo Kleefisch** (Board Member and Fundraiser Chairperson), **Jack Collings** (Board Member and Fundraiser Vice-chairperson), **Alice Clayton** (Volunteer Coordinator and volunteer), **Mary Solomon** (Board Member and volunteer), **Wayne Dugan** (Board Member and volunteer), **Harry Walsh** (Chairperson of the Board), **Anna Baldacie** (volunteer), and **Anna Roth** (person served).

Notes From the Director

Welcome, Angela!

Everyone here at Volunteer Caregivers would like to welcome Angela Archibeque who has joined us parttime as respite coordinator. During this crucial development phase of our respite program, Angela will be recruiting volunteers and those needing respite, contacting congregations, other groups and the general community and developing assessment and matching skills under the direction of Joan Neuhaus. Angela, herself, has been trained and worked extensively in respite care. It is nice having her with us.

Our Board Support

Behind the scenes we are supported by two boards. The Board of Directors meets monthly whose primary function is policy and fundraising. The Advisory Board meets twice a year and assists us with PR and general input that helps the Board of Directors accomplish their tasks.

We would like to thank Bill Lockard for his interest and ideas during his months of service to the Board of Directors. We would also like to welcome Harry Banks from College United Methodist Church who will be joining us in July. Harry brings with him years of service to the school system, the social service community, and his church.

To the Advisory Board, we would like to especially welcome Lloyd Fellows, PhD and Bishop Patrick Ziemann. Dr. Lloyd Fellows is especially interested in the health of the aged and in the development of community programs. Bishop Ziemann from the Los Angeles

Archdiocese has a special call and gift for affirming and assisting the many functions of the church in his area. I'm sure we will be graced with their presence.

Help!

Does an auxiliary group interest you? The Board of Directors is looking for some leadership and people interested in the Volunteer Caregivers Program who would be attracted by the challenge of developing an auxiliary group for fundraising and PR. Mary Braitman would love to encourage you. Please give us a call.

656-4442

I am an additional phone number at Caregivers! Since our respite program will be expanding gradually into Ventura County, for your convenience if you live in

656-4442

656-4442

**Saticoy, Santa Paula,
Ventura, or Oxnard,**

656-4442

656-4442

this number is toll-free.

Jot me down—I'm here to help!

Friday Lunch Bunch

Join the Weekly Friday Lunch Bunch with Caregivers

- * for Friendship
- * for Support
- * for Fun

Staff Available
Bring your own Brown Bag
Coffee and tea available
12:00 Noon
Bring a friend of person served.

Buenaventura Interfaith Volunteer Caregivers

Executive Director: Sister Patricia
Callahan CSJ
Director of Volunteers: Joan Neuhaus
Respite Coordinator: Angela Archibecque

Volunteer Caregivers matched.....with.....the homebound

- reach out to the frail and elderly & isolated in their own homes
- respite care-support the family caregiver
- link the needy with community resources
- train & support volunteers in basic caregiving skills
- provide 2-4 hours weekly of neighborly, non-professional tasks of personal care, home management, social contacts, transportation

A Ministry of:

Community Presbyterian Church
Eastminister Presbyterian Church
First United Methodist Church
Knights of Columbus Council 2498
Our Lady of the Assumption Church
Sacred Heart Church
San Buenaventura Mission
Sisters of St. Joseph of Carondelet
College United Methodist Church
Trinity Lutheran Church

**Contributions, memorials or in-kind donations can be made to
VOLUNTEER CAREGIVERS
and are tax-deductible.**

Send to:
VOLUNTEER CAREGIVERS
261 North Catalina
Ventura, CA 93001
805-652-0566
805-656-4442

Sisters of St. Joseph of Carondelet
Buenaventura Interfaith Volunteer Caregivers
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