



CAREGIVERS

The Buenaventura *INTERFAITH* Volunteer Program

NEWSLETTER

Volume 6, No. 1, March 1989

INTRODUCING TWO GOOD "APPELS"

"I could be busy twenty-four hours a day and never feel I was contributing too much," said Ellen Appel, volunteer caregiver and coordinator."

Her husband, George, also finds time to be a caregiver in addition to his volunteer activity with the Ventura County Historical Society and Ventura Homeowners Association.

Although Ellen and George have lived in Ventura for twenty-five years, they traveled throughout the United States. They started their married life on Long Island, New York. Eventually George's sales career took them to Georgia and then to New Mexico.

"We never could just rest on our lau-

rels in those days because we were, so often, new in a town."

It was at Sacred Heart Church, where Ellen had served in the library and as a volunteer CCD teacher, that she first learned about Caregivers from Vince Ordonez, a Caregivers Advisory Board member.

"George and I talked it over and we both became interested in helping. George's mother lived with us for the last six years of her life and we had a first-hand encounter with what it's like to get older. Remember Sister Veronica, formerly with Caregivers? It was she who told me, 'We're all getting older, some faster than others.'"

Ellen now coordinates ten caregivers.

"I keep in touch with my team of caregivers. They keep me apprised of the individual situations. Sometimes circumstances change and we have to adapt to them."

"The volunteers and the persons served often



Our good "Appels" --George and Ellen

become good friends. Sometimes, when extra time is required for one reason or another, the volunteer usually manages to work things out."

Ellen finds time for such varied services as providing transportation to the Easter Seals' pool, baking sugarless blueberry muffins for a friend who has diabetes and entertaining with enchilada suppers.

George is always trying to get others interested in the program. Recently he found a man who could

"pinch-hit" in taking a patient to dialysis when his usual caregiver had to move to San Diego.

Everything works out through mutual agreement between the caregiver and the person served and the system works well according to the Appels.

Asked what it takes to be a caregiver, Ellen says, "All it takes is time and a very "up" attitude."

Ann Stockdill

THANK YOU

"My sincere thanks ... Carmela is so faithful and helps me so much." --Silva Todd

"Your letters are much appreciated -- so much like a sunbeam to brighten the day. Nadine is a great help. We enjoy each other greatly!" --Veva McCord

WELCOME ABOARD, SISTER!

With St. Patrick's day coming up in less than a month, it seems a nice time to add another Irish lass to the Caregivers team. In addition to Sister Pat Callahan, the office has another cheery voice around in the person of Sister Patricia Mary Dugan, C.S.J.

"Sure now," — Sister Patricia Mary will give you a Joan Fontaine sideways glance and her close attention during a conversation, as she summarizes her career as a Sister of St. Joseph of Carondelet — it went something like this, — secondary



*Sister Patricia Mary Dugan --
"Macintoshing"*

school teacher, for lots of fruitful years, college registrar and finally director of the Academic Advisory Center at Mount St. Mary's College.

One gets the feeling that she's only just begun. "All my experiences took place before I became an entrepreneur," she laughs, referring to her Carondelet Boutique Shop on Oak St., Ventura, which recently closed after effective results for several years. Sister Patricia Mary is a talented person in the field of arts and crafts and a competent business woman.

"Aside from that fascination, my recent interests have been with the elderly," she explained, with-

out rancor. "I believe in "lifelong learning," that is to say, I believe that learning should never stop. You know, — the Elderhostel type thing which Sister Pat conducts is very important."

Sister Patricia Mary's new assignment places her as an associate with Sister Pat. "Right now I'm suffering through the Macintosh computer," she adds. "We'll go from there."

Welcome aboard, Sister!

Ann Stockdill

WE REMEMBER THE PASSING OF:

Edna Cooney
Jack Forbes
Michael Henneberry
Clarence Houseman
Ken Mason
Chieu Nguyen
Vincent Nugent
Louis Packard
Hazel Quick

The Following Have Given Generously to Enable Volunteer

November 9, 1988 - February 14, 1989

Thank You

Anonymous
Ethel Allegretti
Anna Baldacci
Gordon and Louise Beller
Jane Blankenship
Frances Brady
Daphne Brooking
Roy Bucher
Susan Buchter
Eileen Burkart
Mabel Butler
Sophie Callahan
Joyce Cantrell
Jane D. Chenery
Elsa E. Chianese
Vera J. Clark
Mildred Coffman
James Conroy
Edna Cooney
Henry and Mary Clopper
Robert Crumley
Elsie Davison
Ann Diacos
Ellen Dick
Bernice Dixon
William Dover
Dorothy Dunivan
John Eden
Mary Eckberg

Vera Florine
Louise Forgey
Virginia Forbes
Ilona Fulop
Gisele Gallagher
Grace Garwitz
Mabelle Gehle
Dorothea Gimblett
Mercedes Guzman
Agnes Harris
Mary Harrison
Miriam Haskett
Nova Hayes
Lee Jarecky
Olivia Juarez
Dennis and Jeanette Longwill
Rosemary Kelley
Marjorie LeBlanc
Sylvia Martin
Betty Jane Mason
Veva McCord
Josephine McCollum
Donnabelle McGonigle
Wayne McLeod
Dorothy McNulty
Evelyn McRae
Mae Maher
Albert and Patricia Martin
Betty Jane Mason

Sophie Mason
Edith Meltzer
Ida Miller
Cecilia Millette
A.L. and L.T. Montemarra
James and Patricia Moynagh
Kathryn Murphy
Emily Nygent
Ted O'Dell
Edrie Packard
Lida Parker
Betty Patterson
Al and Bev Phelps
Mary Pichotta
Gertrude Real
Robert Reynolds
Mrs. Leo J Rheäume
Bruce Rieve
Mary Riordan
Kenneth and Barbara Ritza
M.H. Robertson
Evelyn Rose
Allen E. Rupp
E.R. Rush
Paul Schmitt
Patricia Schmitz
Roland and Florence Schultz
Virginia Slazak
Marian Smith

Caregivers to Continue Their Ministry to the Elderly.

November 9, 1988 - February 14, 1989

Thank you

Mildred Snowden
Winifred Smith
Minnie Stangland
Virginia Steele
Leona Stephens
Inez Stutz
Dorothy Tedford
Thomas I. Thomas
Silva Todd
Frederick A. Ulam
Elaine Van Akin
Antone Wenda
Mabelle White
Anna Whitfield
Betty Whitney
Earl Widney

A Special Thank You

Dorothy Costello
Sacred Heart Church
United Methodist
Women
Judith Viebig
Clare Wibbleman

In Memory of:

Chris Appel
by
Ellen Appel
Mary Donaghue
Kevin and Barbara Donaghue
Peter and Pam Donaghue
Gerald and Laura Donaghue
Brian Donaghue
Frank Gibbons
John and Roseann Neider
Jun and Eileen Rigas
Zudie Schnedar
Ken and Maura Tischler

Edna Clark
by
Gertrude M. Campbell

Vera Collins
by
Mildred Fletcher

Sarah Osborne
by
Sally Fitzgerald

Hazel Quick
by
Dorothy Schupbach

Helen Rees
Todd Weston
by
Kay Peterson

Paul Rose
by
Evelyn Rose

Miriam Smith
by
Clare Wibbleman

NOTES FROM THE DIRECTOR

The office has been very busy these last few months and many good things are happening. Our board of directors has decided to launch a direct mail campaign. They are working hard on this. They had their first one just before Christmas just to gain some experience.

I would also like to welcome a new volunteer coordinator, Anabelinda Gonzales, who is becoming acquainted with the program and assisting with our present matches. Belinda also helps with many little things around the center. Welcome, Anabelinda.

Sister Patricia Mary Dugan has also joined us to help in the office with the many necessary administrative duties. I'm sure you will begin to see her "hand-prints" as her many talents begin to surface. Stop by and meet Sister at any time.

Our most valuable asset are our volunteers and since our last newsletter we have been blessed with the generosity of commitment from:

Helen Castillo,
Susanne Maas,
Ed and Nimfa Schmitz,
Ken and Leddi Landberg,
and Linda Carriger.

I would like to thank each and every one of you.

With the beginning of Lent, we often reopen the road map that we have chosen, check the smooth areas, patch up the ruts left from misuse and hopefully leave the freeways to check out some of those interesting small roads that bring us back to the realities of life and the values most meaningful to us. This can be a very precious time. I pray that our efforts will culminate in a new birth of spring as we realize again the many blessings we receive from God each day.



Ida Miller and her caregiver, Joan Ploss, enjoy the Christmas party.

"Every death diminishes us a little. We grieve, but few people understand that grief can represent emotional growth, an enrichment of the self." —Lynn Caine

(MEMORIAL CARDS are available. Donations may be made to CAREGIVERS in honor of a deceased loved one. Memorial cards will be sent to the family of the deceased. The donor will receive an acknowledgement also. Many people prefer this type of remembrance.)

MARK YOUR CALENDAR

March 7 (Tues): **COORDINATORS' MEETING** 1 - 3 p.m.

March 17(Fri): St. Patrick's Day -
Closed for ST.JOSEPH'S CELEBRATION

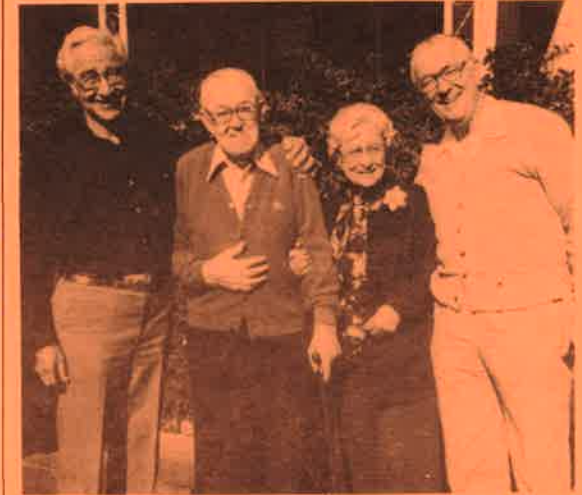
MARCH 23-24: Closed for HOLY THURSDAY AND GOOD FRIDAY

May 2(Tues): **ANNUAL VOLUNTEER DINNER AND AWARDS - A Special Evening for Honoring Volunteers**

June 13(Tues): **QUARTERLY SUPPORT MEETING** 7 - 9 p.m.

THANK YOU ... AGAIN AND AGAIN

"I cannot begin to thank you for the wonderful service....Mrs. Olson is so very capable, compassionate, understanding and so very helpful. I do not know what I would do without her." —Miriam Haskett



Father Norbert Tracy, S.J. with his parents, Mary and John and his brother

From Korea...Thank you so much for taking such good care of my parents. Please tell my parents' caregivers, (Laura and Ken Parsons)

God bless you and all your volunteers and their care receivers. You discovered the perfect apostolate for the Ventura retirement community. I'm glad and grateful!" —Norbert J. Tracy, S.J.

Buenaventura Interfaith Volunteer Caregivers

Executive Director: Sister Patricia
Callahan CSJ

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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