



CAREGIVERS

The Buenaventura *INTERFAITH* Volunteer Program

NEWSLETTER

VOL 3, NO 2, OCTOBER 1986

"She Was to Me More Than Family ..."

Quotes from Persons Served

"The youngsters you sent to wash windows and clean our yard were the kind of young people anyone would like to call their own. Words cannot adequately express my thanks for your Ministry. May God richly bless you ..."

"I just want you to know that things are going well for Christine these days. God surely answered our prayers. She is sleeping through the night now. Fran continues to be a blessing to us. We are so thankful for you and your group. God love you."

"I wish to thank you for the nice people you sent to help me. They both were very nice. It helps me to feel better for there are some things I just can't do any more. I love Becky. She is so sweet and nice."

"I praise the Lord for bringing your group into our lives. Through you we have had the pleasure of knowing Suzie. She has gone beyond just coming on Fridays ..."

"I have a lot of pain ... Words can't explain how much I appreciate the rides (to the doctor, church and grocery shopping). Our Tonia is so sweet. Thank you dear Sisters. I love you. Yours in prayer."

"Barbara (not her real name) was the best volunteer I ever had. You couldn't have sent me anyone better than her. She was to me more than family. She did some of the things my poor boy can't do for me because of his job... His job keeps him very busy."

"The First Day at My New Assignment ..."

From A Volunteer

"The first day at my new assignment was an eye-opener, to say the least. Marie had had Alzheimers Disease since 1971. She did not speak, was incontinent, and had been lying in bed for the last few years.

Her loving husband was taking care of her and the house so valiantly. It was very hard for me to accept her



Coordinators: Carol Basralian and Florence Multer

condition. I went home that first day and did a lot of thinking and praying about it. The next week, however, when I came face to face with it again,

I had the strength to continue, and it was easier for me.

I found I could carry on one-side conversations, and go on like she really understood me and what was going on around her. A walk around the backyard was beneficial when things got too intense in the house for me. Also, I busied myself folding laundry, vacuuming and tidying up around the house for him.

As the weeks rolled by, I felt a special bond grow between this faithful, loving husband and me. He looked forward to seeing me, so that he could get away for a few hours to see friends, his own doctor, or just go shopping without worrying.

Last week, Marie's condition worsened, and I could see a drop in her weight. I knew in my heart that the end was near. My allotted time with him came and went, and I stayed another two hours - finally getting home at 2:20 p.m. I told him I would call in the morning to see if he was all right.

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NEW VOLUNTEERS

On behalf of the persons you are serving, we bid you a warm welcome and a hearty thank you for the assistance you are providing.

"FIRST DAY ... cont.

At 7 o'clock that night I could no longer wait, and what I suspected had happened about 45 minutes earlier. She was gone he said - his voice cracking. He was alone waiting for a nurse to come, so I got over to his house as soon as I could. I stayed with him and friends who came over until all the necessary arrangements were made.

While I felt both compassion and sadness for him and his loss, I also felt a wonderful release for her to be finally free from the bonds of such a tormenting disease. Looking back -
- yes it was difficult, but my faith sustained me. Any task is easier if you ask yourself, "Would Jesus do it?" - knowing full well the answer."

By Carol Basralian

DEBORAH BERGSTROM
KEN AND MAURA PARSON
POLLY MCMAHON
BOB AND SHIRLEY OTTENSTEIN
BILL HANNA
MARY HARRISON
MARGARET JOHNSON
MARIE TERESA GUTIERREZ
MILLIE FLETCHER
KEITH YORK
TERESA CUMMING
LENORE SERRES
ANNA BALDACIE
NETA BECKER
LANYARD DIAL, M.D.
FILLY SILVA
NANCY STAERZL
CAROLE MARTIN
KEN WOOD
CATHE OWEN
PEGGY GENGE
IRENE REED
MILDRED SNOWDEN
BECKI PENDELL
MARGIE ZERMENO
MARGUERITE AXELROD
LYDIA MONTANO
BARBARA MENKE
BETTY MCCULLOCK
LORETTA BIASS
NORRIS JENSEN
NELL MCCONAGHEY
SPENCE FLANNERY
ROBERT REDDINGTON
EMMA ROSE RUSH
FAYE SMITH
JOE JARAMILLO
TERESA DUNN
MILLY DARTER

Have you, as a Volunteer Caregiver, approached a friend to join in this wonderful ministry? Ventura's frail elderly are increasing in numbers and needs. More volunteers are welcome and their service of two-three hours a week would be greatly appreciated.

Anyone wishing to join us as a volunteer may call Sister Veronica at 652-0566.

ETERNAL PEACE

The following persons we have been privileged to serve have entered into eternal life:

*Minnie Egan
Claire Conway
Anna Manning
Marie DeLaura
Scotty Taylor
Dianne Thompson*

VOLUNTEER HAPPENINGS

As a volunteer, you have been receiving a monthly phone call from your coordinator. This call accomplishes two ends - information gathering and sharing of experiences. This sharing is of great value and needs more time to achieve its true benefits. Therefore, time will be scheduled at our Cluster Meeting, October 28 between 7 and 9:00 p.m..



Ken Wood and Sister Veronica discuss methods of support for volunteers

Cluster meetings are structured in small groups. The cluster consists of about six to ten volunteers meeting with their coordinator. The informal

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FINANCIAL CONTRIBUTIONS

March 1, 1986 - September 30, 1986

Although the persons receiving our volunteers' services know there is no charge, they are so grateful for the care they are receiving, that those who can frequently contribute to the program. We gratefully acknowledge their kindness in making it possible for others to receive the same kind of care.

We would like to thank the following individuals and organizations for their contributions: Cecilia Millette, Vally Ruments, St. Bonaventure Fraternity (Franciscan 3rd Order), Ruth and Keith Guthrie, Myrle Kirk, S. M. Buchter, Helen Young, Proctor & Gamble Paper Products, Elizabeth Puerling, Helen Goelz, Marguerite Atmore, Leona Stephens, Miriam Haskett, Doloris Patrie, William E. Caldwell, Viola Craft, Helen Barber, Helen Goelz, Dan DeLaura, Madeline Jahr, Vera Collins, Daphne Brooking, Aili Sysma, Nova Hayes, Louise Morsman, Ada Mirra, Douglas Brennan, Sophie Mason, Pearl Arnold, Marjorie Johnson, Lucille Wagner, Mary Seems, Viva McCord, Caroline Steger, Esther Jones, William McKenzie, and Michael Henneberry.

With a SPECIAL THANK YOU to: Kenn and Barbara Ritza, James Moore, William Callanan, Anna MacGillivray, Ethel Broms, Trinity Lutheran Church, Knights of Columbus, Bob and Shirley Ottenstein, Bill Lockard, and Mary Zermeno.

Donations have been received IN MEMORY OF: ESTHER DOYLE, FRANCES DI NUCCI, and LAURENCE KIEFFER by Orlando and Dorothy Caputo. JACK DUGAN by Rose Wunderlich.

If you give to United Way through your work or business, you may designate on their Donor Option Form that all or part of your contribution is to go to the BUENAVENTURA INTERFAITH VOLUNTEER CAREGIVERS. If you have recently made a designation, you may call United Way at (805) 485-6288 and verbally change your designation. Please remember us when you sign up for United Way. All contributions are tax deductible. THANK YOU!

A contribution envelope is included with this newsletter for YOUR convenience in contributing to this worthy cause. We NEED your contribution to help the less fortunate in our community, and you can be assured they will appreciate it. THANK YOU VERY MUCH!

setting is a hospitable environment for better interpersonal communication.

The Cluster Meeting differs from the Support Meeting in that its focus is informal, and its success depends on group participation. The Support Meeting is a formal setting, with a presentation of a specialized topic by a professional. We try to alternate Cluster and Support Meetings, so that the benefits from their different purposes can be enjoyed.

I would encourage all volunteers to make a real effort to attend our October 28 meeting. Deepening your acquaintance with each other, exchanging ideas, and especially giving each other the moral support needed to strengthen your ministry - are all strong motives for attending.

Sister Veronica, Volunteer Director

"Who'll serve these privileged few?"

Many will be shocked to find when the day of judgement nears,
That there's a special "Place in Heaven" set aside for volunteers.

Furnished with big recliners, satin couches and footstools,
Where there's no Committee Chairman, no group leaders or car pools.

No eager team that needs a coach, no bazaar and no bake sale.

There will be nothing to staple -not one thing to mail.

Telephone lines will be outlawed, but a finger snap will bring

SHELLS

by Phyllis S. Yingling

One day while walking on the beach, I found a fragment of what must have been a magnificent conch shell... a remnant of a masterpiece, an exquisite shard. I tried to imagine the part as the whole when it was at its best, before it was broken by the churning sea... and Time. Now all that remained was a chunk of pink and white shell, its scalloped edge chipped and scratched.

I thought of my mother, a victim of Alzheimer's disease for the past five years. At 78, wheelchair bound, and unable to walk or speak coherently, she resides in a nursing wing of a retirement home. In recent years she has become an exquisite shard of the magnificent person she once was before she was broken by degenerative disease... and Time. She is the remnant of a masterpiece.

Those of us who knew and loved her in her prime, love her all the more for the change in herself that she has had to endure.

Those of you who know her now see only the shell of a once-vital person, a lovely fragment of a magnificent individual. As caregivers of the elderly, as you feed them, walk with them, change their clothes, and tuck them in at night, please know that families and friends... and the individuals themselves... are grateful when you show respect and kindness, and handle them as gently as a once-exquisite shell.

Cool drinks and gourmet dinners and rare treats fit for a king.

You ask, "Who'll serve these privileged few, and work for all they're worth?"

Why - all those who reaped the benefits, and not once VOLUNTEERED ON EARTH.

RETREAT DAY

The annual Interfaith Retreat Day for the Volunteer Caregivers and their spouses was held Saturday, September 27, 1986, and was a huge success. The purpose of the Retreat was to reflect on the value of the ministry to the homebound frail in our community. All who attended were full of praise and congratulations for the program.



The day began with song and praise done beautifully by the Folk Group from Sacred Heart Church led by Bobby Voelker. After the group was

welcomed by Sister Veronica, Pat Driskell, Director of Project Understanding, gave a magnificent presentation on the Strength of INTERFAITH Volunteering, Cooperation, & Caring.

Our next speaker was Curt Miner, Assistant Pastor of the Church of the Foothills. He spoke on the place of prayer in a volunteer's life. He himself is the epitome of interfaith cooperation, and his support of the Caregivers Program is unexcelled.

Lunch was a sharing time for the volunteers and their coordinators. A film entitled "The Mail Box" was then shown which dealt with the anticipation of mail by an elderly, homebound woman from a daughter who was too busy to write, and the care given by a wonderful neighbor her daughter's age. Vicky Michelson led a discussion on the meaning of the film, and asked that we think of ways to increase our volunteers. She also spoke of the necessity of the volunteers giving coordinators input on their activities.

The day was closed with a beautiful slide presentation by Jack and Laura Collings. To each and everyone who participated, we say THANK YOU SO MUCH! We hope more volunteers will be able to attend next year. May God bless.

Daphne Brooking

CALENDAR

VOLUNTEERS

- Oct. 28 Tues. 7:00-9:00 p.m. Cluster Meeting
- Nov. 11 Tues. Holiday - Closed
- Nov. 18 Tues. 7:00-8:30 p.m. Coordinators/Contact Persons Meeting
- Nov. 27-28 Thurs.-Fri. Holidays - Closed
- Dec. 9 Tues. 7:00-9:00 p.m. Quarterly Support Meeting and
Volunteer Awards

BOARD MEETINGS

Executive Board Meetings - First Weds. 7:30 a.m. - Nov. 5, Dec. 3, Jan 7

Board of Directors Meetings - Third Tues. 7:30 a.m. - Oct. 21, Nov. 18,
Dec. 16, Jan 20

A PARENT'S PRAYER

My children are coming today. They mean well, but they worry. They think I should have a railing in the hall, a telephone in the kitchen. They want someone to come in when I take a bath. They really don't like my living alone. Help me to be grateful for their concern. And help them to understand that I have to do what I can for as long as I can. They're right when they say there are risks. I might fall. I might leave the stove on. But there is no challenge,

no possibility of triumph, no real aliveness without risk. When they were young and climbed trees and rode bicycles and went away to camp, I was terrified. But I let them go because to have held them would have hurt them. Now our roles are reversed. Help them to see. Keep me from being grim or stubborn about it. But don't let them smother me.

--Elise Maclay, Green Winter
(quoted in The Anglican Digest)

ADVISORY BOARD

James Barroca, Executive Director
Greater Ventura Chamber of Commerce

Msgr. Arnold Biedermann, Pastor
Sacred Heart Church

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Geriatric Services, Ventura County

Carol Doty, Executive Director
Coalition Against Household Violence

Barry Hammitt, Executive Director
Ventura County Public Employees Ass.

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1st District, County of Ventura

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Ventura Unified School District

Richard Wittenberg, Chief Admin. Officer
County of Ventura

NOTES FROM THE DIRECTOR

Annual Meeting of the Interfaith Volunteer Caregiver Projects

During September, the 25 projects met for the third and last time at Williams Bay, Wisconsin on Lake Geneva. It was a profitable time for both Harry Walsh, our Chairperson of the Board, and myself. Besides the many opportunities to share our successes and difficulties, Dr. Ken Johnson and Virginia Schiaffino planned very informative sessions covering "Future Funding Beyond Year Three", a statistical composite picture of the 25 projects, and techniques of fund raising. By far, the greatest concern was the financial continuance of the programs once the development stage supported by the Robert Wood Johnson Foundation is completed.

For our project here in Ventura, financial continuance of the program from the Robert Wood Johnson Foundation will be completed sometime in the Spring of 1987, we welcome input, suggestions, and contributions from the local community, so that we can continue to serve the homebound in our area.

Advisory Board Meeting

Several new members have been included on the Advisory Board. Welcome -- we're happy to have you.

Our fall meeting was held September 18 at the Interfaith Volunteer Caregivers headquarters on North Catalina Street in Ventura. It was a pleasure to see all of you. Some of the topics covered were "Directions for 1987", "Financial Plans", and "Recommendations of the Advisory Board". A video was shown on some of the work that's being done by volunteers for the persons they are serving.

Buenaventura Interfaith Volunteer Caregivers

Director: Sister Patricia Callahan CSJ
Volunteer Director: Sister Veronica
Maloney 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 the Buenaventura Interfaith Coalition

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

Sisters of St. Joseph of Carondelet
Buenaventura Interfaith Volunteer Caregivers
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