



CAREGIVERS

The Buena Ventura INTERFAITH Volunteer Program

Sponsored by the Sisters of St. Joseph of Carondelet

Spring 1991

Volume 7 Number 2

AN EVENING OF FUN AND FOOD!



Congratulations to the wonderful restaurants who donated items from their menu's to the Volunteer Caregivers' Community Cuisine Dinner held May 4th in Ventura. Not one person left this wonderful dinner unimpressed. The "chorus" of OHS and AHS as each restaurant's offering was placed on the buffet table would have been music to the ears of the hard working chefs of each restaurant.

It is indeed reassuring that during these hard economic times, our business community will so wholeheartedly support a fund-raiser targeting the frail elderly of Ventura County.

The following businesses who donated door prizes and/or paper goods were:

Rhoads Janitorial & Paper Supply Co., Smart and Final, Ventura Rental Party Center, Berto's, Hungry Hunter, Mandarin House, The Victoria, and Milano's...Thank you.....We loved it!



Thanks! Allison's County Cafe, Andria's Seafood, Baker's Square, BJ's Restaurant, Basso Distributing, Bob Jones Ranch, Carrows Restaurant-California St., Casa de Soria, Christy's Deli, Cottage Cafe, El Torito Restaurant and Cantina, Galloping Hen, Golden China, Holiday Inn, Kentucky Fried Chicken, Lee's Chinese Food, Marie Callender's, McGinty's Sports Bar & Restaurant, Panda Gourmet, Pastry Palace, Peking Chinese Restaurant, Spinnaker Seafood, 66 California, Tipps Thai Cuisine and Yolanda's Mexican Restaurant.

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HELP US TO HELP ONE ANOTHER

Are you interested in assisting in areas other than personal service, such as special events or committee work? Please give Kate Mills a call at the office at 652-0566. There will be more information in the next newsletter.

TO CARE AND SHARE . . .

"Grant me the eyes to see the work you would have me do;
Give me ears to hear the needs of others,
lips to speak words of comfort, encouragement, support,
and the hands and will to do each simple task
that makes someone else's life a little easier."



*Arm in arm, good friends and neighbors,
Dorothea Gimblett (left) with her
caregiver, Winnie Smith who have been
together since 1988*

This might well be the daily prayer of one of our extraordinary volunteers, Winnie Smith. Four years ago this vibrant lady joined the CAREGIVERS program, and since that time, she has contributed 2,585 hours of service to those who need a helping hand. Winnie is that "good neighbor" that each of us hopes to find one day!

In 1980, Winnie moved to the La Posada Mobile Home Park where Dorothea Gimblett lived. Born in Maryville, in the first decade of the 20th century, Dorothea was one of the first residents at La Posada. A third-generation Californian, Dorothea had worked in the 1935 and 1937 sessions of the California Legislature. Widowed in 1983, Dorothea managed quite well until 1988 when she began needing a little assistance with errands. Because of limited sight and hearing, Dorothea began to withdraw from social activities, such as the Eastern Star, and life began to narrow to the confines of her lovely mobile home. Dorothea was matched with Winnie who began to provide transportation for shopping trips, visits to the doctor and dentist, and other services. Sharing laughter, mystery books and friendship has enriched life for both women. Dorothea is one of Winnie's three persons served. Well done, Winnie !

When I went to Frances Mostert's home, she just twinkled with enthusiasm as she talked about her Caregiver friend, Ginny Sargent and her 5 year old son, John. They had been paired together since November 1990 and their friendship had grown enormously since then. I had gone there to take their picture for this newsletter and had gotten there early. Shortly thereafter, Ginny came to take her shopping and to do a few errands. I sensed the great respect and caring they had for each other as they chatted about their upcoming outing together. The next time Ginny comes, they will be doing some gardening around her tidy mobile home. When I asked Ginny and Frances what they gave to each other they both replied, "friendship"! Ginny went on to say, "She is trying to teach me Dutch, and my son has made a new friend too!". Frances said, "We have fun together!" I guess that about sums up what most of the Caregiver matches give each other, caring and sharing in a mutually satisfying experience. So, I snapped their smiling faces in front of Ginny's van, and they drove off together bathed in the warm Santa Paula sun....



Frances Mostert(left) with her caregiver, Ginny Sargent

PROGRAM NOTES . . .

• from Ventura

On April 25th at the JC Penney Golden Rule breakfast at the Doubletree Inn, Ellen Appel was honored for her more than 2,500 hours of caregiver volunteer service. Besides a handsome plaque and key ring, \$250 was contributed in Ellen's name to VOLUNTEER CAREGIVERS in recognition of the vital work performed for the frail elderly of Ventura and Santa Paula.

The Golden Rule Award panel of Judges chose ten finalists from more than 50 nominees. Mr. Jim Word, manager of the Ventura store, spoke eloquently and truthfully when he said: "Volunteerism is alive here in Ventura County. These women and men have made a decision to reach out, take the time, lend a hand, and do small things with love. "Ellen, we salute you and all our generous and committed volunteers!

Congratulations to Volunteer Coordinator Mary Clark who has just completed her first month of well deserved retirement from the office of Long Term Care Ombudsman. So far, Mary has taken trips to Death Valley, Lake Tahoe, and up to Montecito for a retreat at Casa de Maria. Mary can still be seen exercising at the YMCA and continues her volunteer activities through VOLUNTEER CAREGIVERS.

We at B.I.V.C. have the delight and honor of working with the most wonderful people we know -- our volunteers! Joining us since our last newsletter are: Sam Meyer, Chuck Levasseur, Rebecca Loughman, Mary Jane Hogan, Ann Seno, Helen McBeth, Denise Cowan, John Aspell, Dianne Aoun, Gina Von Wittenburg, Norm & Lynn Weitzel, and Margie Porras. Welcome and Thank You !!!!

SOME SPECIAL THANK YOU'S

"Thank you for finding someone to give me a ride when I need it. Sharon(Fleur) and her family are lovely people. I am pleased to go with them." Helen T.

"I have been so happy with my Caregiver! She has always come when I have needed her and is so very generous and kind in taking me to doctors' appointments and grocery shopping. Thank you." - Evelyn R.

"Remember, this moment is the only moment there is..and it is for love...!" Dr. Gerald Jampolsky

• from Santa Paula

Do you enjoy going to work?? I do. Telegraph Road is lined with beautiful lemon trees and they are all in bloom. The fragrance is a treat to the senses...

Results...results...The people of Santa Paula have responded and we are growing!!! We have been blessed with many committed volunteers who will lift the spirits of the frail, elderly with their caring...A warm welcome is extended to the following: Carol Day, Jean Dale, Rose Blackburn, Marie Loudermilk, Helen Currier, Rachel Lopez, Dorothy Hutchinson, Sheryl Blevins, Helen McBeth, Cecilia Carranco and LeVere Crum.

We are pleased to welcome the Trinity Lutheran Church (Missouri Synod) and Reverend Robert Galster to our coalition. They were nice enough to print about 250 of our Caregiver pamphlets and we appreciate and thank them!

Recently, Sr. Jane and I did a series of 3 Caregiver workshops on human development and growth through loving service to others. We were able to point out the tremendous personal rewards one receives through volunteering. If your group would like to learn more about Caregivers, I am available to speak with you...just give me a call at the office to set a date and time.

A word to all of you lovely people who fall into the "Sandwich Generation"...we know that many of you are juggling two, three, or more demanding responsibilities...plus, perhaps, a full time job. If you are also caring for an older loved one, remember... we may be able to help...

Do you realize that there are three stages of retirement:

1. Active retirement - travel, spending money, having a good time
2. Caregiving - helping others
3. Carereceiving

I am at my office Monday, Wednesday and Thursday, between the hours of 9:00 am to 12:00 Noon and my telephone number is 525-5006.

Thanks — Carol Basralian

TO OUR GENEROUS DONORS, WE SAY THANK YOU

February 6, 1991 - May 14, 1991

INDIVIDUALS

Anonymous
Dolores Aguilar
John & June Atkinson
Helen Backe
Fred Becker
Gordon M. Beller
Betty J. Betts
Yvonne Bodle
John S. Bowen
Elsa Chianese
Myrtle M. Chase
W. Jon/G. Carol Cochran
Claude Coffman
Alfred L. Cook
Crew Enterprises
Marian L. Dance
Ellen L. Dick
Margaret Dunn
Ellen B. Eden
Ethel Di Matteo
William Dover
Ellen Eden
Lupe Escalante
Meta K. Ewens
Lillian Filinese
Marjorie A. Fraser
Ilona Fulop
Bertha Gaertner
Mrs. Ralph Gimblett
Maria Teresa Gutierrez
Marion E. Hansen
Nova Hayes
Lena Heckman
Mrs. Hubert Horn
John R. Houston
Beryl Hunter
Mr. & Mrs. Vernon C. Kelley
Gloria Leggett
Tracey Lamprecht
Juanita Laubacher
Mamie Lesky
Camille & Jeanne Levasseure
Marie Lesky
Anna C. MacGillivray
Josephine McCollum
Dean/Dorothy McNulty
Opal Mason
Sophie Mason
Constance L. Mathis
Thomas G. Miller

Louise H. Moore
Mrs. Frances Mostert
Ruth V. Murray
Taqueen Nakashian
Edrie Packard
Mrs. John L.W. Phelps
Gary N. Pontrelli
Joan C. Ramsaur
Bruce A. Reeve
Tere Regnier
Arline Riland
Mary G. Riordan
Kenn Ritza
Florence R. Schultz
Marion E. Smith
Winnie Smith
Nina F. Smith
Leona Stephens
Heleen M. Thompson
Rose B. Tucker
Frederick Ulam
Philomena Verdi
Richard Wibbelmann

ORGANIZATIONS

Anonymous
First Christian Church
J. C. Penney, Inc.
Pango Club
Trinity Lutheran Church

IN MEMORY OF:

Marguerite Artmore
by Claire B. Bucher
Martina A. Banuelos
by Mary L. Hoffman
Gene McGowan
by Mr. /Mrs. James Basso
Eugenie DuFault
by Paul & Leslie McQuaide
Ket and Ted DuFault
by Paul & Leslie McQuaide
Gene Kuhlhoff
by Ben & Kay Peterson

Gerald Hendrick
by
The Aero Space Corporation
Mrs. Glen Anlauf
Wm./Vergie Berger
Mr./Mrs. Lavonne Buck
Gary & Roxanne Case
Mr./Mrs. Clarence Gay
Dr. Steven /Mary Jayne
Glaseman
Mrs. Gerald Hendrick
Richard /Pennie Kampenga
June Longshore
Robert /Joan Parrish
Linda/Ray Ritter
Mr./Mrs. Douglas Stephens
Jack/Joyce Cantrell

Camilla Larsen
by
Mr./Mrs. James Basso

Clyde Merlino
by
Jean & Matt Robertson

Joe T. Martinez
by
Mary Hoffman

Harold Rafferty
by
Dan & Kathryn E. Murphy

Marion Sylvester
by
Wm. S. or Myrl Kirk

Carl Taylor
by
Jack & Joyce Cantrell

WE REMEMBER:

Marguerite Atmore
William F. Callanan
Barbara Ford
Jerry Hendrick
Isabel Kasik
Helen Moore
Anna Polito

MESSAGES . . .

• from the Director

A very special "Thank You" to all our volunteers who worked so hard to make our "Community Cuisine Dinner" so very successful: Joyce Cantrell, George Appel, Barbara Coulson, Jeanne and Chuck Levasseur, Luther Tolo, Norm Weitzel, Jerrye Stumpf, Joan Ramsaur, Margaret Phelps, Susan Cheek, Wilma Poe, Ginny Camarillo, Sister Sharon Margaret, Marcella



Joyce Cantrell (left), faithful office helper with Development Person, Kate Mills

Hoffman and Craig Ploss. These wonderful people were very instrumental in helping us net over \$2,000.

Thank you to our faithful, retiring Board Members, Virginia Camarillo and Frank Cavola. We wish them well with their new involvements. Welcome also to new Board Members, Sister Sharon Baker and to Sister Helen Oswald who joins us from Mount St. Mary's

College.

We are happy to welcome our new development person, Kate Mills, whom I'm sure you will be hearing from shortly. Kate has many new and challenging ideas which she hopes to implement. Kate "is looking forward to meeting everyone and will be working to securing the financial future of this great work here at Caregivers".

• from the Board of Directors

by Sheri Oelschlager, Secretary

The Board of Directors are volunteers responsible for management of Buenaventura Interfaith Volunteer Caregivers. The Board developed a five year strategic plan in June 1990. The adopted plan includes:

1. Double volunteers and persons served
2. Expand geographic areas by one or two
3. Shift funding income to 60% from fundraising sources and 40% from "soft monies" i.e. foundations and grants.

The officers recently elected for 1991-92 to continue this plan are:

Chairperson - Craig Ploss
 Vice-Chairperson - John Chaudier
 Treasurer - Sheri Oelschlager
 Secretary - Pat Oberg

Anyone who is interested in serving on a committee or for more information please call the office at 652-0566.

Congratulations to Sister Patricia for being nominated by Senator Gary Hart and Assemblyman Jack O'Connell for "Woman of the Year".



Calendar

May 27, Monday
 June 11, Tuesday

Office closed Memorial Day
Board of Directors Meeting, 7:00 a.m.

FAITH TO ACTION SERIES: "Memory: the L-O-N-G and SHORT of It"

How memory works; using your memory more fully; elusive memory - a temporary lapse common to all ages; making positive memories; a bit about Alzheimers

June 13th, Thursday, 7 - 9 p.m. and repeated June 20, Thursday, 9:30 to 12 noon;

No charge to volunteers, \$6 for others

July 1 and 2, Mon. , Tues.
 July 4 and 5, Thurs .and Fri.,
 July 10, Wednesday

Josephs: "55 Alive: Workshop for Mature Drivers", 9 to 1 p.m. ,
 Closed, Holiday
Coordinators' Breakfast at Marie Callendars, 8:30 - 9:30 p.m

Buenaventura Interfaith Volunteer Caregivers

Sponsored by the Sisters of St. Joseph of Carondelet

Executive Director: Sister Patricia Callahan C.S.J.
Volunteer Director: Sister Jane Kelly S.N.J.M.
Volunteer Director for Santa Paula: Carol Basralian

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

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

A Ministry in Ventura:

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

A Ministry in Santa Paula:

St Sebastian's Catholic Church
First Presbyterian Church
St Paul's Episcopal Church
Assembly of God Christian Center
United Methodist Church
Santa Paula Christian Church-
Disciples of Christ
El Buen Pastor United
Methodist Church
Our Lady of Guadalupe
Catholic Church
SP Ministerial Association

Tax deductible contributions or memorials may be made to:
VOLUNTEER CAREGIVERS and sent to the Ventura Office

Ventura and Main Office:

261 North Catalina
Ventura, CA 93001
805-652-0566
M - F 9 a.m.- 4 p.m.

Santa Paula Office:

at St. Paul's Episcopal Church
117 No. 7th St.
Santa Paula, CA 93060
805-525-5006 M, W,Th 9-12 noon

A United Way Agency

Sisters of St. Joseph of Carondelet
Buenaventura Interfaith Volunteer Caregivers
261 No. Catalina St.
Ventura, CA 93001



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