

# CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

SPRING 1993

VOLUME 10, NUMBER 2

## BASIC KNOWLEDGE PREVENTS RIPOFFS

Elderly and retired persons are often prime targets for unscrupulous con artists, says Pete Baptiste, an investment representative with the Ventura office of Edward D. Jones and Co. The elderly, for some reason, seem to be fair game, especially older widows who may have left all financial matters to their husbands during a long marriage. Mr. Baptiste feels that older folks may be victimized because they have a simpler, more honest way of dealing with people, and they tend to be more trusting. They are of an era when that type approach was a safe one; and old habits are hard to break.

On the other hand, some people, no matter what their age, get into trouble because of plain laziness. They don't want to take the time and spend the energy to take charge of their own affairs; they'd rather trust someone else to do it for them.

Some basic knowledge about personal finance and investments can help prevent seniors, and younger people too, from being the victims of get-rich-quick schemes. Pete Baptiste has a few suggestions:

**1.** Be aware that "Safe" isn't always safe. When you add in the effects of taxation and inflation, an investment may very well be a losing one. The elderly, especially, need a stable cash flow. Recognize and give thought to the rate of return you are getting. Will it provide future income?

**2.** Beware of new concepts. Look for a long-term record of success in any investment. Often what is very attractive now may not look so good in two or three years.

**3.** When seeking investment advice, always get referrals from other people you trust - your attorney, a CPA, or a friend who has had a successful experience.

**4.** Never, but **never**, buy anything over the telephone. Don't be afraid to ask for references and don't be afraid to check with professional organizations and rating services on the background of the person or firm that wants your business.

**5.** Don't be afraid to ask questions, and don't be intimidated by a lot of professional-sounding jargon. If you don't understand completely, don't buy.

**6.** Avoid choosing investments on the basis of verbal communication only. Ask to see a prospectus and other supporting materials, and take your time studying them.

**7.** Make sure the investment is not only a good one but that it is appropriate for your investment objective. If it isn't appropriate, it won't do the job for you no matter how successful it is. For example, if you need income and buy a growth stock, that stock isn't going to provide necessary income no matter how much it goes up in value.

**8.** Diversify. Don't put all your eggs in one basket. No matter how

well thought-out and how appropriate, some investments may go sour. If you're properly diversified, your exposure is minimal.

An "investment club" meets every Monday at 10 a.m. at the Senior Citizens Center on Santa Clara Street in Ventura. Members don't pool any money or make investments, they just pool their knowledge and experience. For information, call the Ventura Senior Recreation Center 648-2829.

## WORDS OF WISDOM

It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself.

*Ralph Waldo Emerson*

## CONTENTS

Investment Tips	1
Calendar of Events	2
Congratulations	2
Volunteer Thanks	2
Caring for an Ill Relative	2
In Memoriam	2
Donor List	3
Volunteer Opportunities	4
For Your Information	4

## COMING UP...

**Thursday, May 6**

Board Meeting  
CAREGIVERS 7-9 am

**Saturday, May 8**

Ventura Police & Fire Department  
Block Party  
1425 Dowell Drive, 8 am - 4 pm

**Wednesday, May 19**

Coordinators' Breakfast  
CAREGIVERS 8:30-10 am

**Monday, May 31**

Memorial Day Holiday  
Office Closed

**Thursdays, June 10 - July 29**

CAREGIVERS Line Dance Classes  
261 North Catalina, 7-9 pm  
*SEE FLYER IN THIS NEWSLETTER!*

**Thursday, June 17**

Board Meeting  
CAREGIVERS 7-9 am

**Friday, June 18**

CAREGIVERS GOLF TOURNAMENT  
Olivas Park Course, 9 am  
*SEE FLYER IN THIS NEWSLETTER!*

## CONGRATULATIONS TO...

...Susan Cheek, one of our faithful volunteer coordinators, who has begun an exciting new career as a travel agent.

...Eugenie Wheeler, a gracious volunteer, who was recently elected to the Senior Assembly.

...all the United Way donors who made this year's campaign a success.

...all those who worked so hard and gave from their hearts in behalf of the Avenue Library.

## TO ALL OUR VOLUNTEERS

We just don't say it enough: Thank you...Thank you...Thank you!!

Thank you for your caring, your stability, and your commitment to this program.

Through your involvement, a senior in this city who has been house bound has suddenly sprouted wings! She has a friend who will take her to the neighborhood grocery store or to her favorite department store.

Through your caring, another senior gets to doctor appointments, legal appointments and has the benefit of another pair of eyes that can help to write the checks that pay his monthly bills.

We know you do a million little things for your elders that are never acknowledged, little things that the rest of us do automatically and take for granted, but things that to your elderly friend may mean the difference between life and mere existence. Even just visiting and telephoning, which may not seem like much to you, can bring about a great improvement in feelings of well-being in a home-bound senior.

**You're doing wonderful and much needed work. Please know that you are greatly appreciated.**

## IN MEMORIAM

**Those who were cared for...**

Marjorie Faulk

Claire Haller

Grace Johnsen

**Someone who cared...**

Tom Thomas



**CONGRATULATIONS to Imogene Becker, who celebrated her 100th birthday on February 22, 1993. A celebration in her honor was attended by 36 friends.**

## ARE YOU CARING FOR AN ILL RELATIVE AT HOME?

A caregiver should look for help from a local support group and/or health agency if:

**Your relative's condition is worsening** despite your best efforts.

**No matter what you do, it isn't enough.**

**You feel as if you're the only one** in the world caring for a sick relative at home.

**You don't have a place to be alone** or time to be alone.

**Family relationships are breaking down** because of caregiving pressures.

**Your caregiving responsibilities are significantly interfering** with your work.

**You feel it's selfish to ever think of yourself** or your needs.

**Your coping methods have become destructive:** you're overeating or undereating, abusing drugs or alcohol, becoming argumentative, etc.

**There are no more happy times** Loving and caring have given way to exhaustion and resentment.

Reprinted with permission, HOPE Publications, Kalamazoo, Michigan, (616)343-0770

YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT.  
THANK YOU!!

January 1 - March 31, 1993

Anonymous  
Mrs. Dixie Adeniran  
Mrs. Wm. Frank  
Anderson  
Mr./Mrs. Lauren Alexander  
George/Ellen Appel  
Marguerite Axelrod  
Mr./Mrs. Ronald Bank  
Virginia M. Baptiste  
Mr./Mrs. Richard Barringer  
Carol Basralian  
Jeanette Battey  
Ted/Dixie Bear  
Miss Christine Becker  
Mr./Mrs. Robert Benedetto  
Imogene Bercau  
Vergie M. Berger  
Msgr. Arnold K. Biedermann  
John/Angie Birky  
Mr./Mrs. Robert Black  
Margaret Blackford  
Elizabeth M. Blanchard  
John S./Barbara Bowen  
Mr./Mrs. Paul Brackrog  
Bob/Mary L. Braitman  
Mr./Mrs. W.H. Brokaw  
Mr./Mrs. J. L. Brown  
Wayne A. Brunkan  
Mrs. Halcie L. Burnham  
Ralph B./Deborah B. Busch  
Mr./Mrs. Jesus Camarillo  
Mr./Mrs. W. R. Cantarini  
Joyce Cantrell  
Mr. Robert Carlson  
Mrs. Ernest Carlson  
Mrs. Myrtle Chase  
Mr./Mrs. John Chaudier  
Robert/Pauline Chianese  
Barbara Clifford  
Ethel M. Clifford  
Mr./Mrs. Henry Clopper  
Mr./Mrs. Claude Coffman  
Mr./Mrs. John Collings  
Karen L. Craffey  
Margaret Crosby  
Lincoln Cryne  
Maxine Culp  
Mr./Mrs. Ernest Dahl  
Mrs./Mrs. Lawrence Diaz  
Merle DiVita  
James/Lillian Doell  
William Dover  
Mr./Mrs. Pete Dowler  
Paul/Isabelle Doyle  
Mr./Mrs. Harold Dressler  
Doris Dryer  
Wayne/Martha Dugan  
Virginia Dunkle  
Jesse/Helen Dunlap  
Christine Early  
Mr./Mrs. Wade Eckberg  
Ellen B. Eden  
Jack Ellison  
Meta K. Ewens  
Mr./Mrs. Joe Faria  
Warren/Ardelle Faue  
Ardelle Faulk  
Mrs./Mrs. Lloyd W. Fellows  
Linda Kay Fisher  
Ray Fletcher  
Vera Florine  
Edythe Foley  
Louise Forgey  
Mr./Mrs. F. L. Franklin

Dorothy Fraser  
N. Fratkin  
Judith Frazier  
Bertie Gaertner  
Avey Gibbs  
Julius/Gail Gius  
Mrs. Louise Gooding  
Mr./Mrs. Gayle Graham  
H.K. Guthrie  
Mr./Mrs. Ronald Halt  
Mr./Mrs. Wm. Hannah  
Dr./Mrs. Harvey Harris  
A.R./L. S. Hawkins  
Ernest N. Hellberg  
Joseph Henderson  
Elizabeth Hey  
Harry/Charlotte Hines  
Mrs. Jymmye Hitch  
Mrs. F. C. Hutchins  
Marjorie James  
Viola Jensen  
Margaret Keller  
Rosemary Kelley  
Sr. Jane Kelly  
Myrtle A. Kirk  
Mrs. Mildred Klausner  
Margaret Knoll  
Andrew E. Kohr  
Edward/Susan K. Lacey  
Wendy Lascher  
Thomas E. Laubacher  
Mr./Mrs. Byron Lawler  
Paul/Carolyn Leavens  
Sally Lee  
Mr./Mrs. James Loebel  
Kaspar Loid!  
Margaret Lyons  
Nelly Mac, M.D.  
Janet L. MacKinnon  
Mrs. Ramona Marks  
Dorothy Maron  
Harry Maynard  
Ms. Amy McAvoy  
Helen McBeth  
Mrs. Emily McHenry  
Eulialee McMullen  
Mrs. Lois Measures  
Patricia B. Meredith  
Mr./Mrs. A. A. Milligan  
Lael Mitchell  
Miye Miura  
Dr. Ralph Moses  
Frances Mostert  
Florence Multer  
Daniel/Kathryn Murphy  
Mrs. Samuel C. Myer  
Mrs. Julian M. Myers  
Ms. Cynthia Myers  
Taqueen Nakashian  
Mrs. Ben Nordman  
Mrs. Patricia Oberg  
Msgr. Patrick J. O'Brien  
Beverly O'Gorman  
Sharon Oelschlager  
Johanna D. Overby  
Claudia Parker  
Daryush Parsa  
Mr./Mrs. Craig R. Ploss  
Mr./Mrs. Gary Pontrelli  
Sheila Rakestraw  
Mary Riordan  
Mr./Mrs. Matt Robertson  
Ed Robings  
Mr./Mrs. Martin Rooney

Edward Rose  
Ginger/Lee T. Roth  
Violet Ryder  
Frank & Judy Salazar  
Mr./Mrs. Robert Schmitz  
Mary L. Schwabauer  
Dr./Mrs. John B. Shilton  
Edythe Simonson  
Winnie Smith  
Mildred Snowden  
Mr./Mrs. Robert Soares  
Mr./Mrs. Robert Stapleton  
Allan/Berta Steele  
Leona Stephens  
Anna Streleckis  
Alan Teague  
Mrs. Milton Teague  
Mr. Chuck Thomas  
Mr./Mrs. W. L. Thompson  
Luther Tolo  
Melba N. Vanoni  
Mary J. Wallace  
Mr./Mrs. Harry Walsh  
Charles Watson  
Mr./Mrs. Norm Weitzel  
Kathryn A. Wilbur  
Catherine Chadwick  
Worden  
Keith York  
Virginia Zierer

**Organizations:**

College Methodist Women  
First Christian Church of  
Ventura  
First United Methodist  
Church of Fillmore  
In-Home Assistance  
Kiwanis Club of Ventura,  
Suburban  
Knights of Columbus - San  
Buenaventura Council 2498  
St. John's Hospital  
Trinity Lutheran Church  
United Methodist Women  
Women's Christian  
Fellowship, Fillmore

**In memory of...**

Christian Appel  
by Mr./Mrs. George Appel  
Meyer Beimel  
by Belle Beimel  
Ignatius Friedrich  
by Mr./Mrs. Herman Becker  
Marvin E. Hansen  
by Helen Currier  
Glenda Hendrick  
by Estella Hendrick  
Grace Johnsen  
by Mr./Mrs. Robert Farrow  
and Joan Rollins

Fran Johnson  
by Dr./Mrs. Charles Gray

Archie McInnis  
by Winnifred McInnis  
Edgar/Dorothy McCashen  
by Mr./Mrs. Robert E.  
LaMacchia  
Ted Powers  
by Dr./Mrs. Charles Gray  
Patsy Reardon  
by Virginia Baptiste  
Tom Thomas  
by Mr./Mrs. George Appel  
and Paul Schmitt

Robert M. Wilson  
by Dorothy Park

Audrey Woodburn  
by Dr./Mrs. Charles Gray

**In honor of...**

Cathy Barringer  
by Elizabeth Hey,  
Carol J. Shilton,  
and Kathryn A. Wilbur

Mr./Mrs. A. E. Bauer  
by Ellen/George Appel

Mrs. Gertrude Becker  
by Mr./Mrs. J. L. Brown

Msgr. Arnold Biedermann  
by Msgr. Patrick J. O'Brien

Ruth Carlson  
by Ethel M. Clifford  
and Andrew E. Kohr

Cordell Family  
by Mr./Mrs. Bernard Levitt

Rev. Leonard De Witt  
by Mrs. Ted Rubin

Ardelle Faue  
by Charlotte L. Hines

Harry Maynard  
by Mr./Mrs. Lawrence Diaz

Patricia Meredith  
by Marilyn Miller

Dr. Ralph Moses  
by Ginger/Lee T. Roth  
and Mrs. Ted Rubin

Rose Silverstein  
by G.S. Stuart

Alfrida Teague  
by Elizabeth Hey

Buenaventura Interfaith  
Volunteer CAREGIVERS is a  
program of the Sisters of St.  
Joseph of Carondelet and is a  
United Way member agency.

CAREGIVERS' purpose is to provide a reliable personal relationship between one volunteer and one elder in need of assistance. Without the kind of services we offer, frail elders may find themselves living in unfamiliar, impersonal institutions, with a debilitating sense of having lost both independence and dignity. By matching such elders with volunteers who provide basic assistance, CAREGIVERS permits many of them to remain in the familiar and cherished surroundings of their own homes.

We are able to provide this vital help to the frail elderly in Ventura County only because of the generosity of people like you. Contributions, gifts to our Endowment Fund, memorial gifts, and gifts in honor of a special person or occasion may be sent to our Ventura office, and every gift will be promptly acknowledged. All donations are tax-deductible. Please make checks payable to CAREGIVERS.

**Board of Directors**

Craig Ploss, Chairman  
John Chaudier, Vice-Chairman  
Patricia Oberg, Secretary  
Keith York, Treasurer

Virginia Camarillo  
Jesse Dunlap  
Jack Collings  
Judith Frazier  
Sister Sharon M. Ninteman, CSJ  
Sharon Oelschlager  
Sister Suzanne Soppe, RSM

**Advisory Board**

Wayne Dugan  
Lloyd Fellows, Ph.D.  
Hon. Susan Lacey  
Beverly O'Gorman  
Luther Tolo  
Harry Walsh  
Sister Marilyn Binder, CSJ

**Staff**

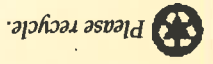
Patricia B. Meredith,  
Executive Director  
Sister Jane Kelly, SNJM,  
Director of Volunteers  
Carol Basralian,  
Associate Director of Volunteers  
for Santa Paula and Fillmore  
Deby Tygell,  
Administrative Assistant  
Berta Steele,  
Fund Development Consultant

**CAREGIVERS**

261 North Catalina St.  
Ventura CA 93001  
(805)652-0566

In Santa Paula:  
(805)525-5006

In Fillmore:  
(805)524-5665.



**FOR YOUR INFORMATION**

Pneumonia vaccine is available from the Ventura County Department of Public Health. The U.S. Public Health Service and the American Lung Association recommend the vaccine for persons age 65 or older; persons with a chronic illness, and persons who have a weak immune system. Most people need to get the vaccine only once, most people have mild or no side effects, and the cost is covered by Medicare. Speak to your physician, or call the Public Health Department at 652-5918. It's safe, it works and it's a one-shot deal.

**SUPPORT GROUPS**

**Bereavement support groups meet regularly at St. John's Regional Medical Center in Oxnard.**

*Growing Through Grief* is an educational/support group that meets weekly for eight sessions. It is open to any adult who has lost a spouse, parent, child, or sibling.

*Reach Out* is a social group open to any widowed person in our community. This group meets weekly in a local restaurant for breakfast or dinner.

*Stepping Stones* is a social support group for widows that meets twice a month at lunch time. For information about dates, time, and meeting place for any of these groups, call 988-2891 or 988-2815.

**VOLUNTEER OPPORTUNITIES**

We have a waiting list of about 35 elders who need assistance. Can you spare 2-4 hours a week to enrich your life by enriching someone else's? Call 652-0566 and ask for Sister Jane Kelly.

We also have a need for office volunteers and someone to edit this newsletter. We can offer an ocean view, congenial company, flexible hours, and lots of appreciation. Call the same number and ask for Pat or Debby for further information and enticements.

**PIANO FOR SALE**

Wurlitzer console, oak finish, in excellent condition. Bench included. \$800 or best offer. Call 652-0566 for information.

NON-PROFIT ORGANIZATION  
US POSTAGE  
**PAID**  
PERMIT NO. 5  
VENTURA CA

Buenaventura Interfaith Volunteer  
**CAREGIVERS**  
261 North Catalina Street  
Ventura, CA 93001

**GOLF TOURNAMENT - JUNE 18TH!!**  
**LINE DANCING CLASSES - JUNE 10 - - JULY 29TH!!**  
**INFORMATION INSIDE**