



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Spring 1995

Volume 12, Number 2

St. Patrick's Day Golf Tournament Raises \$4,300!

We sincerely thank all the individuals, businesses, and organizations who contributed to the success of this event.



(from left above)

First Place Winners in the A Flight were Reyno Quintana, Steve Soliz, Joe Marron and Dan Almarez (not shown).

Second Place Winners in the B Flight - Bill Hicks (third from the left) of Barber Ford and Co-Sponsor of the event, with Frank Kurtz, Jack Dale and Richard Glass.

Getting ready to tee-off are Mayor Tom Buford (third from the left), David McCrory, Emil Norby, and Iva Grant.

For a complete listing of donors and golfers, see page 2.

Grants Help to Support CAREGIVERS

We are pleased to announce that CAREGIVERS has received funding from three foundations during the past few months:

Catholic Healthcare West
\$10,000

PacificCare Foundation
\$6,000 (for the second year)

Amgen Foundation
\$2,500 (for the second year)

We are so grateful for the confidence in our program shown by these organizations.



Richard Fausset (center), representing Catholic Healthcare West, presents check for \$10,000 to CAREGIVERS. Accepting are (l-r) Luther Tolo, Advisory Board; Norm Weitzel, Board Vice-Chairman; Pat Meredith, Executive Director; Advisory Board members Supervisor Susan Lacey, Pete Peterson, and Wayne Dugan.

Golf Tourney – Continued from page 1

DONATIONS

Advanced Rubber Stamp
American Commercial Bank
Ash Street Coffeehouse
Auto Club of So. California
Back Bay Inn, Morro Bay
R. E. Barber Ford
Buena Ventura Golf Course,
Mark Wipf
Cafe' Scoop
Joyce Cantrell
Champs Sports
Chicago Title
College Care Pharmacy
Colours and Stems
Disneyland
Doubletree Resort, Palm
Springs
Doubletree Hotel, San Diego
Doubletree Hotel, Pasadena
Doubletree Hotel, Ventura
Dreams Unlimited
Eggs & Things
Eric Ericsson's
First National Bank
Five Points Car Wash
Franky's
Green Thumb Nursery
Hilton, Financial Plaza
IHOP, Camarillo
Island Packers
Jim Hall Kart Racing School
KADY
Donna Kimber
Knott's Berry Farm
Longs Drug Store
Mario's Pizza
Nona's Courtyard Cafe
Ottavio's Dinner Theater
Patagonia
J. C. Penney
Pierpont Racquet Club
Quick Printing Plus
Quincy Street Ltd.
Santa Barbara Bank and Trust
Santino's

Scrupples Hair Salon
Sea Things
Sizzler, Camarillo
State Farm Insurance,
Dennis Watson
Allan & Berta Steele
The Coffee Bean & Leaf,
Ventura
The Oaks at Ojai/Palm
Springs
Trader Joe's
Truffles B&B, Big Bear Lake
Universal Studios
Ventura County National
Bank
Ventura County Star
Victoria Pub
Water Store

TEE SPONSORS

Air Force Sergeants Associates
#1311
Andy Viles, CPA, Vance,
Thrift and Biller
Bank of America,
Richard Goodrich
R. E. Barber Ford
Buena Chevron, Kevin Corse,
Dealer
Ginny & Bob Camarillo
Charles Carroll Mortuaries,
Inc.
Chicago Title Company
Craig R. Ploss, Esq., Elder
Law & Estate Planning
Custom Awards & Engraving
Denny's, Camarillo
Dynamic Computing Service
Far West Construction
Glendale Federal Bank
Great Western Bank
Ivy Lawn Cemetery
Association
Harry Walsh, Lawler,
Bonham & Walsh,
Attorneys at Law

Pete and Marjie Peterson
Seabreeze Cleaners
Sisters of St. Joseph of
Carondelet
The Water Store, Ventura and
Palm Desert
Tina Rasnow & Associates,
Attorney and Counselors at
Law
Susan Lacey, Ventura County
Supervisor 1st District
Ventura Suburban Kiwanis
Club
Ventura Yellow Cab, Ventura,
Ojai and Santa Paula

GOLFERS

Dan Almarez
Dan Anderson
Buzz Anderson
Rich Assenberg
Ed Batman
Holly Beeninga
Tony Behrens
Saul Beltran
Richard Breitner
Tom Buford
Isaac Bustillos
Steve Cecil
Rick Chaidez
Bob Chacon
John Collet
Jack Collings
Lincoln Cryne
Jack Dale
Gary Diamond
Brad Dodd
Jesse Dunlap
Bill Duston
Norm Enriquez
Martha Estevis
Mark Fanjoy
Mark Fenski
Kevin Fitzgerald
John Fitzgerald
Joel Galaviz
Alex Galaviz
Richard Glass

Iva Grant
Wendy Gutierrez
Vern Heitzenrader
Howard Helms
Lee Hickman
Bill Hicks
Tom Hinds
Frank Kurtz
Tom Larson
Dave Lay
Joe Marron
Mike Matthieu
David McCrory
Jon Meredith
Bob Mobley
John Myers
Rich Nevarez
Emil Norby
Rob Olivera
Dennis Orrock
Rick Payne
Craig Ploss
Sandy Porras
Reyno Quintana
Dave Ramsey
Jack Reeder
Trinka Reynolds
Tran Sanders
Robert Savala
Archie Scherbo
Steve Soliz
Len Stauffer
Mark Tanchuck
Gary Taylor
Jack Tingstrom
Dave Tipton
Wayne Troxel
Dan Vandermeer
Norm Weitzel
Katherine Welch
Ned Welsh
Ted Williams
Ed Yeksavich
John Zaruka
Chuck Zeamer

Amazing Grazing Snacking Keeps Insulin at Healthy Levels

by Laine Waggoner

If we were all smart, we'd eat like cows, says Prevention Magazine (July 1993). That's because grazing may be a major key to a healthier life. This conclusion is a result of studies of diabetics and others.

"Research suggests that you get much healthier blood-sugar and insulin levels from multiple feedings—having three small meals and three snacks through-

out the day," says Aaron Vink, M.D., Ph.D., director of the Diabetes Research Institute in Norfolk, Virginia. "This attitude of 'Johnny don't snack' is dead wrong for us today."

One study looked at grazing's effect on cholesterol levels in a group of 19 women who ate either nine or three meals a day over a two-week period.

The many-meal group saw their blood concentrations of total cholesterol and LDL (the bad) cholesterol drop when compared



with the three-meal bunch.

It was suggested that a more realistic program is six meals a day as follows: a small breakfast, a midmorning snack of fruit. A light lunch followed by a mid-afternoon snack of a bowl of rice or some vegetable sticks. A light dinner. Then, round out the evening with an after-dinner snack of nonfat frozen yogurt or a small bowl of cereal with skim milk.

Happy grazing!



Pat Meredith, Executive Director

We're very pleased to introduce a new feature that you'll be seeing regularly, our CAREGIVERS Circle of Responsibility...a way for local businesses to lend support to the Caregivers program and introduce their products and services to you.

To be featured in this column, a business must first become a participating member of the Circle of Responsibility by donating a minimum of \$250.00 per year to CAREGIVERS. In exchange, we will offer space in this newsletter for news about the business. We encourage you to

Meet The Board

The Board of Directors and staff are pleased to welcome Barbara Ortega and Rod Brown to the CAREGIVERS family.



Barbara Ortega

Barbara Ortega retired from the Los Angeles Police Department in 1985 after working for

Executive Director's Message

show your gratitude by trading with them.

Conceived and implemented by Board Member Barbara Ortega, the Circle of Responsibility has received its first membership from The Medicine Shoppe, 1842 East Main St., Ventura.

Barbara and the rest of the Board are hopeful that this new program will meet the needs of many businesses, particularly those which rely heavily on seniors and their families.

The Circle of Responsibility should appeal to opticians and ophthalmologists, hearing aid centers, in-home equipment suppliers, restaurants, financial planners, banks, and dermatologists, to name just a few. If you know of anyone who might be interested in helping to support CAREGIVERS in this manner, please contact us at 652-0566.

many years as a detective specializing in crimes against women. Self-employed as a private investigator, she moved to Ventura in 1989 and became interested in social issues in the area, including homelessness, elder assistance, and youth gang problems. She developed 'Bootstraps,' an organization which raised community awareness about nonprofit organizations that addressed these three issues.

After becoming acquainted with CAREGIVERS and doing a series of articles about our activities, Barbara developed a particular interest in helping the elderly in our community to remain independent. She has shown special interest in fundraising and publicity, and has developed and implemented our "Circle of Responsibility."

Continued on page 5



We are pleased to introduce:

**The Medicine Shoppe
Pharmacy**
1842 East Main Street
Ventura; phone 648-2724

Owner Bruce Sharp guarantees the lowest prices in town for prescriptions and over-the-counter products. For your safety, they maintain computerized patient profiles to track the medicines you are taking.

Do stop in and check out their selection of Medicine Shoppe generic products. We picked up a large bottle of aspirin for only 99¢! Also, in May they will be giving out Valued Customer cards for credit toward generic products.



When you visit a participating business, you will see our lovely CAREGIVERS plaque on the wall. Please introduce yourself and make sure to mention that you read about them in the CAREGIVERS newsletter. Then make a point of going back again. With everyone's help, this can be a mutually beneficial program for CAREGIVERS and for our Circle members.

YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (January – March 1995)

Anonymous
 Catherine Abrams
 Mr. Robert W. Arnold
 Mr. John M. Atkinson
 Gladys Austin
 John & Catherine Baker
 Mr. & Mrs. W. H. Brokaw
 Margaret Broughton
 H. A. Brown
 Mr. & Mrs. G. C. Brown
 Mr. Roderick E. Brown
 Susan Buchter
 Dr. & Mrs. Ralph B. Busch, Jr.
 Christine Cammarello
 Ruth W. Carr
 LaVona Carter
 Mr. & Mrs. Mark Chaney
 Myrtle M. Chase
 Carl & Lu Chovan
 Dr. & Mrs. James Clark
 Austin & Mary Jo Coe
 Claude C. Coffman
 Mr. & Mrs. James Conroy
 Charlene Cooper
 Charlotte Corkle
 William & Karen Craffey
 Robert & Claire Drysdale
 Linda Fisher
 Susan Flores
 Vera Florine
 Alan Fordney
 Louise Gooding
 Roxie Graves
 H. K. Guthrie
 Taisia Gutu
 Bill Hannah
 Jim & Mary Harrison
 Evelyn M. Howard
 Mildred Howard
 Viola Jensen
 Helen M. Johnson
 Rev. Neal Keller
 Mrs. Rosemary Kelley
 Joyce Kennedy
 Nina Ludington Kenney
 Lynn S. Kindred
 Mildred M. Klauser
 Suprv. Susan & Ed Lacey
 Greg Lanigan
 Gloria Leggett
 Rae Lundeen
 Anna C. MacGillivray
 June Mason
 Opal Mason
 Nell McConaghey
 Faye McDonald
 Patricia Meredith
 Martha Miller
 Mr. & Mrs. A. A. Milligan
 Sandra Milton
 Lael Mitchell
 Marilyn Montague
 Cecilia L. Moore
 Lupe Morales

Musetta Morgan
 Barbara Ortega
 Claudia Parker
 Mr. & Mrs. Clay Paschen
 Isabel C. Prickett
 Diane Radford
 Joan C. Ramsaur
 Roberta Ranck
 Margery Ricards
 Mr. & Mrs. K. M. Ritza
 Joan Rollins
 Mr. & Mrs. Blaine Romney
 Mr. & Mrs. C. R. Schleibaum
 Eunice Schleiderer
 Mr. & Mrs. E. A. Schmidt
 Mr. & Mrs. Roland Schultz
 Dr. Jon Sills
 David Silver
 Fred & Ruth Smallwood
 Mr. & Mrs. Marion E. Smith
 Ralph and Sarah Smith
 Doris E. Smith
 Peg Smith
 Margaret Stapleton
 Leona Stephens
 Douglas & Jean Stephens
 Mr. Henry Stoutz
 William Strand
 Michael & Pamela Swartout
 Dorcas H. Thille
 Helen Thompson
 Mr. Luther Tolo
 Mrs. Allen Trecartin
 Virginia Trombley
 Mr. & Mrs. Ralph W. Venus
 Mary Jane Wallace
 Ron & Doris Weinert
 Beverly York

ORGANIZATIONS & BUSINESSES

Air Force Sergeants Association #1311
 Amgen Foundation
 Breakfast Lions Club
 Catholic Charities, Ventura County Region
 Catholic Healthcare West
 Ladies Auxiliary to the VFW #1679
 First United Methodist Church
 Sisters of the Holy Cross
 Srs. of St. Joseph of Carondelet
 St. Bonaventure Fraternity
 PacificCare Foundation
 Quick Printing Plus
 Trinity Lutheran Church
 United Way of Ventura County
 United Way of Santa Barbara County
 1918 Club, Camarillo

IN MEMORY OF...

Christian Appel
 by George & Ellen Appel
 Ben Axelrod
 by Mrs. Marguerite Axelrod
 Frances Brady
 by Ms. Jeanette Battey
 Friends in Assumption Exercise Group
 Thelma Dionne
 Mrs. Marian E. Haggard
 Ms. Doloris Patrie
 Jerry & Joan Thomas
 Winifred Woods
 John Bauer
 by George & Ellen Appel
 Ed Booke
 by Caroline Reimbold
 Helen Deitch
 by George & Ellen Appel
 Mary Donoghue
 by George & Ellen Appel
 Miss Cecilia B. Duran
 by Mrs. Mary L. Hoffman
 Ethel Gemmell
 by Mrs. H. M. Stanley
 Ruth Guthrie
 by George & Ellen Appel
 F. B. Harrington
 by George & Ellen Appel
 Alice Hopmans
 by Mrs. Marjorie James
 Ida Miller
 by James & Joyce Miller
 Martin (Dick) Miller
 by Mr. & Mrs. Joseph McGrath
 James Pappas
 by Mr. & Mrs. Robert Foulsham
 John Pryde
 by George & Ellen Appel
 A. Dewey Phillips
 by Mrs. Margaret C. Phillips
 Kathryn Dwyer Reardon
 by Mr. & Mrs. Julius Gius
 Colleen Scott
 by Roy and Claire Bucher
 Joan W. Rollins
 Mr. & Mrs. J. Paul Morgan
 Mrs. Kathryn Schultz
 Jeffrey Stephen Tauber
 by the Tauber Family
 Bill Thuman
 by Daniel K. Inouye
 Florence F. Mithoefer
 Dr. & Mrs. Bernard Silber
 Margaret Travnick
 by Dr. & Mrs. Donald M. Travnick
 Barney Wilkerson
 by George & Ellen Appel
 Leon Zermeno
 by Mr. & Mrs. Julius Gius

IN HONOR OF...

Carole Cowen
 by Head Injury Rehabilitation Services (HIRS)
 50th Wedding Anniversary of Martha & George Sexton,
 by Leslie Vielbig
 Cindy Souza
 by Mildred Howard



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. Call us at 652-0566 for more details.



CAREGOLFERS Lincoln Cryne, Norm Weitzel (Tournament Chairman), Wendy Gutierrez, and Bob Mobley were first to tee off.

Board Members Barbara Ortega and Jack Collings (Chairman), with Frank Bezbatchenko and Holly Beeninga, enjoy the Irish buffet lunch at the Wedgewood Banquet Center.

Board – Continued from page 3



Rod Brown

Roderick Earl Brown received his Juris Doctor degree from Loyola School of Law and has been in private practice in Ventura for more than 25 years. He has been active in community affairs as president of the East Ventura Kiwanis Club and Grand Knight and Faithful Navigator in the Knights of Columbus. He also taught evening classes in Business Law at Ventura College for 20 years.

A native of Canada, he moved to California to attend USC School of Education and law school before being admitted to the Bar in 1967. He has served in the Royal Canadian Mounted Police, and has taught English, social studies and business in Los Angeles public high schools.

Rod's law practice specializes in wills, estates, and trust, and he is very sympathetic to the many challenges faced by the frail elderly in our society.

Rummage SALE

Start saving your usable discards now! Our second annual rummage sale will take place in August, the weekend to be announced later. We would like to have your good, clean clothing, bric-a-brac, pictures, small appliances, toys, books, etc. We can't take large furniture, large appliances, or small appliances that do not work.

Since we have no storage space, please save your items for us and plan to bring them to the CAREGIVERS office early in August. Please call us if you have items to contribute so that we can let you know when the date is set: 652-0566.

Volunteers Needed

It seems as though the calls for help always come in faster than the volunteers! So many good people need just a little extra assistance to improve their quality of life. Remember, CAREGIVERS volunteers are never put in a position beyond their capabilities. NO nursing care is ever involved. And you set the hours and the tasks you're willing to help with. If you can consider 2 to 8 hours a month to help an elder in need, please call us at 652-0566 for more information.

Join "Friends of CAREGIVERS"

Many people have told us that they cannot volunteer as one-to-one caregivers, but they would still like to help the program in other ways.

To respond to these kind folks, we are starting "Friends of Caregivers." You can help support this program by helping with events, publicity, fundraising or in other ways. Please call us at 652-0566 to find out the date of the next "Friends" meeting coming up in early summer.



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

Buenaventura Interfaith Volunteer
CAREGIVERS
261 North Catalina Street
Ventura, CA 93001
Address Correction Requested.

- Golf Tournament Success
- Amazing Grazing
- Circle of Responsibility
- New Board Members

INSIDE FEATURES

CAREGIVERS' MISSION – 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.

Board of Directors

Jack Collings, Chairman
Norman T. Weitzel, Vice-Chairman
Keith York, Secretary
Judith V. Frazier, Treasurer

Sister Marilyn Binder, CSJ

Roderick F. Brown
Virginia Camarillo

Jesse Dunlap

Sister Barbara Dugan, CSJ

Sister Sharon M. Ninteman, CSJ

Barbara Ortega

Craig Ploss

David Tipton

Advisory Board

Wayne Dugan
Hon. Susan Lacey
Beverly O'Gorman
Eldon "Pete" Peterson
Luther Tolo
Harry Walsh

Staff

Patricia B. Meredith,
Executive Director
Carol Basralian,
Director of Volunteers
Cecilia Ollivares,
Santa Paula Program Director
Maria Ridge,
Administrative Assistant
Laine Waggoner and Jim Barker
Newsletter Consultants

In Ventura:
(805) 652-0566

In Santa Paula:
(805) 525-5006

In Fillmore:
(805) 524-5665



Coming Events:

Ventura Police Dept. Block Party
Sat. May 6, 8 a.m. - 5 p.m.
Stop by our booth #75 and say hello!

Board Meetings
Thursdays 7:00 a.m.
May 18, June 15, July 20

CAREGIVERS Rummage Sale
August date to be announced
Start saving your usable discards!