



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Spring 1996

Volume 13, Number 2

Russ and the Boys

by Carol Basralian

We're proud to salute our youngest CAREGIVERS: Ben Baumer and Rob Richardson, both 16, who are tenth graders at St. Bonaventure High School. They chose our program for their social service. We matched them with Russ Murawski, 73, a former dental supply warehouse manager and salesman who is now blind.

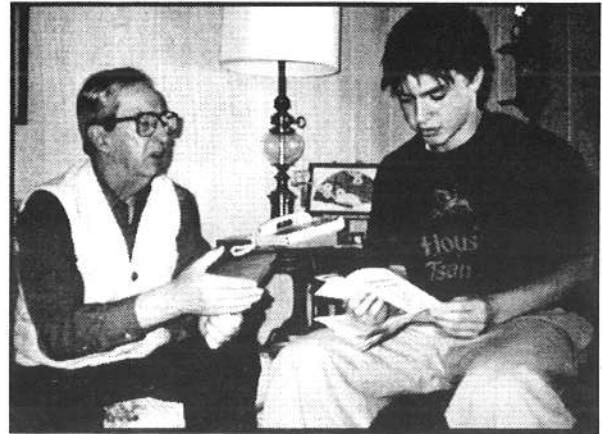
In spite of his challenge, Russ is a busy activist on behalf of seniors and people with disabilities. The county Board of Supervisors recently recognized Russ for initiating a Ventura College fundraising group, Friends of the High Tech Center. With 500 members, they have raised thousands of dollars for computer and electronic equipment to assist physically challenged college students earn their degrees.

Watching Rob and Ben with Russ is a revelation. Recently Rob

was reading to Russ from one of the many magazines to which he subscribes. "Russ is my new friend...he's cool," laughed Rob. "We talk about golf, world events and the periodicals that come in the mail. Volunteering is a unique experience. We have the free time and it's not hard to do. I have grandparents so I knew what to expect."

The boys also read the mail that comes from the many organizations to which Russ belongs: the Chamber of Commerce, Senior Newsletter, Area Agency on Aging, Senior Coordinating Council, Lions, Senior Nutrition and more.

Russ explains, "Being blind, I can't do handicrafts or other hobbies. You can become a couch



Russ Murawski (left) and Rob Richardson read the day's mail.

potato very soon. Instead, I just joined things." He adds, "Teenagers are portrayed so negatively in the media, but these two are a breath of fresh air. They're so special and they've been a big help to me. They're good readers and very intelligent. Of course, the biggest thing they give is their TIME. This means a lot to me because they're so busy at this juncture of their lives."

Coping in a Time of Grief

by Laine Waggoner

Nothing is more traumatic than discovering the body of a friend or loved one who has died. My husband, Rex, was recently caught completely off guard when he discovered that his 86-year-old mother had unexpectedly died in her sleep. She had not been ill. He panicked because he had no experience with handling a death. So he phoned a friend who had worked with Camarillo Hospice to ask what to do.

He learned that the first thing to do is take a deep breath to keep calm. Make sure the person is dead. Then dial 911 for Police Emergency services. If the death

had just occurred, his call would have quickly brought medical professionals who are dedicated to saving lives where every minute counts.

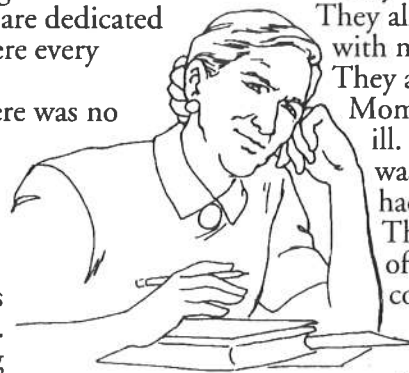
In this case, there was no emergency, since Rex was sure his mother was dead. In response to his call, two Camarillo Police officers came to the house.

"I have nothing but praise for the officers who came," said Rex. "They seemed well-trained in human relations as they were absolutely wonderful,

thoughtful and considerate.

"They didn't hurry me. They allowed me to deal with my shock and grief. They asked how I found Mom and if she'd been ill. I think their goal was to be sure there had been no foul play. Then they took care of notifying the coroner and our local mortuary.

"My advice is not to try to deal with this kind of situation by yourself. Ask a friend,



Continued on page 5



Photo by Marilyn Brooks

Mayorga Concert Raised \$6,800

CAREGIVERS is deeply grateful to Lincoln Mayorga for lending his great talent to our February 25 benefit concert at Ventura's First United Methodist Church. Lincoln enthralled an enthusiastic audience of 240 who gave him a standing ovation. Our net profit of \$6,800 will help in our mission of service to frail elders. Special thanks to Dottie Pas for allowing us to use her beautiful home for our post-concert reception.

Save Your Treasures

Start saving your usable discards now! Our third annual "Treasure Sale" will take place early this fall.

Call us at 652-0566 if you have items to donate.

Golf Tournament Raised \$5,000



Winners of 1st Place trophy, A Flight, were (l-r) Gary Hardy, Jayson Merrill, Roy Helm, and Jim Van Wyck.

Gift from 3M

Camarillo's 3M Company presented a check for \$2,000 to Caregivers Board Chairman Norm Weitzel and Advisory Board Member Supervisor Susan Lacey at a luncheon at the Pierpont Inn on March 13. The presentation was made by Chuck Byrne, manager of 3M's Data Storage Tape Technology Division plant. Also attending the luncheon were 3M employees Bob Michels and Donna Kimber; Nancy Mayerson of Mayerson Marketing and Public Relations, and CAREGIVERS' Executive Director, Pat Meredith.



photo by Nancy Mayerson

3M's Donna Kimber congratulates Norm Weitzel, Pat Meredith, and Supervisor Susan Lacey upon presentation of the company's \$2,000 gift.

A care recipient writes:

"My volunteer brings out the best in me."

The fourth annual "Wearin' of the Green" golf tournament attracted 98 golfers who enjoyed a gorgeous spring day at the Buenaventura Golf Course and a delicious lunch at the Wedgewood Banquet Center, sponsored by AT&T Wireless Services, Harrison Industries, Barber Ford, and Chicago Title. We sincerely thank our tournament sponsors, tee sponsors, prize donors, and golfers, whose participation contributed to the success of this event. A list of participants appears on page 4.

Special thanks go to the tournament committee: Chairman Norm Weitzel, Dave Tipton, JoAnn Riley, Jack Collings, Wendy Gutierrez, and Mayor Jack Tingstrom. High praise is due the volunteers who kept things running smoothly: Geri Yokum, Luther Tolo, Marty Buchalter, Sr. Barbara Dugan, Ginny Camarillo, and Judy Frazier. We especially appreciate the participation of State Farm Service Center employees Randy Mattia, Nancy Blair, Jon Whited, Jerry Torrence, Janelle Howe and Eric Reynolds.

Executive Director's Message



Pat Meredith, Executive Director

We have many blessings to count as this fiscal year comes to a close, and we want to say a big THANK YOU to some special people:

To the nearly 200 volunteers who provide service directly to the elders in our program.

To volunteers Joyce Cantrell and Bertie Gaertner: Joyce organizes all of our bulk mailings, and Bertie is our faithful "every Wednesday" office volunteer.

To our mailing volunteers who spend several mornings a year helping with our newsletter and

other bulk mailings: Doloris Patrie, Vi Ryder, Rose Marie Anderson, Robert Anderson, Marcella Hoffman, Lupe Morales, Agnes Sylvester, Ann Roina, Pauline Zimrick, Betty Patterson, Maureen Herman, Susan Miller, Louise Miller, George and Ellen Appel, Bertie Gaertner, Mary Yoshioka, Betty Patterson, Margaret Knoll, and Ann Seno.

To the Swift Memorial Healthcare Foundation, Livingston Memorial Foundation, Wood-Claeysens Foundation, PacifiCare Foundation, Amgen Foundation, Carrie Estelle Doheny Foundation, Martin V. and Martha K. Smith Foundation, the City of San Buenaventura, and United Way of Ventura County for recognizing the need for elder service programs and providing financial assistance to CAREGIVERS as well as to others who are trying to deal with this growing societal challenge.

And to all of you who support CAREGIVERS with your contributions and attendance at our special events. Without your financial assistance, this program would not survive.

For Your Information

Breaking Through Dementia – May 9

A full-day workshop designed for health and human service workers, families and volunteers who want to learn to communicate with disoriented "old-old" people in order to help restore dignity to those suffering from dementia.

Date: Thursday, May 9, 1996

Place: Ventura Townhouse

Call 643-2614 for information

A care recipient writes:
"Ann and I have become friends. I am legally blind, so she reads mail to me and writes checks for me."

Become a Volunteer or Join "Friends of CAREGIVERS"

We always need volunteers to help elders in need.

If you cannot volunteer as a one-to-one caregiver, but would still like to help the program in other ways, join "Friends of CAREGIVERS," an auxiliary group which provides support for community awareness and fund-raising events. To find out more or to join, please call the office at 652-0566.

CAREGIVERS—Spring 1996



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

We take the time to talk to you about your medications. Personal patient counseling and many other sources of information are among the many professional health care services we offer for your health needs. Visit us today...and you'll see the difference.



The Circle of Responsibility is a way for us to bring local businesses into the CAREGIVERS family and show our gratitude for their assistance. When you visit a participating business, please introduce yourself and 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.

*Have you remembered
CAREGIVERS
in your will?*

YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (January - March 1996)

Anonymous
Dr. & Mrs. M. Abou-Samra
Mrs. M. Adelman
Mr. & Mrs. D. Armand
Dorothy Ashley
Gladys C. Austin
Bernice G. Barker
Mrs. Ann Brown
Mr. & Mrs. Grosvenor Brown
Edna M. Burns
Dr. & Mrs. Ralph Busch, Jr.
LaVona Carter
Ms. Myrtle Chase
Ms. Barbara Clifford
H. E. Clopper
Mr. & Mrs. Claude Coffman
Ms. Gertrude Conover
Mr. & Mrs. Leslie Cowell
Mrs. Linda Dillon
George Espinoza
Paul G. Fillmore, M.D.
Sally & Tom FitzGerald
Marjorie A. Fraser
Newton & Vonise Friedman
Mr. & Mrs. William Hannah
Jymmye Hitch
Margaret Isbell

Mrs. Margorie James
Mrs. Sybil James
Jill Jarmin
Viola Jensen
Mrs. Rosemary Kelley
Nina L. Kenney
Margaret Knoll
Terry Long
Mrs. Frank Lyons
Nell McConaghey
Mr. & Mrs. Richard Maulhardt Jr.
Patricia Meredith
Mr. Hugh Miller
Martha Miller
Mr. & Mrs. A. A. Milligan
Mrs. Lael Mitchell
C. Dalton Munger
Mr. Thor Olson
Mrs. Verna Poole
M. R. Quirk
M. H. Robertson
Mrs. Frances Rodgers
Mr. & Mrs. Ed Romuld
Mr. & Mrs. Martin Rooney
Violet Ryder
Dorothy Schupbach
Kathleen Scott
Mrs. Ruth Smallwood
Marion Smith
Mr. & Mrs. Jack Sonntag
Margaret Stapleton

Dorothy Statler
Leona Stephens
Mr. & Mrs. Allen Trecartin
Mrs. Virginia Trombley
Mr. & Mrs. Glenn True
Edith Trunkey
Mr. & Mrs. Ralph Venus
Mary J. Wallace
Norm & Lynn Weitzel
Richard & Claire Wibbelmann
William Williamson
Fern Winkler

ORGANIZATIONS & BUSINESSES

3M Camarillo
The Chouinard Family Trust
Docent Council Ventura County Museum
1st United Methodist Church
1st United Methodist Women
Livingston Memorial Foundation
Management Partners
The Prudential Insurance Company of America
Santa Barbara Bank & Trust
Air Force Sergeants Associates #1311
Sisters of the Holy Cross
Trinity Lutheran Church
Union Oil Company
United Way of Ventura County
United Way of Santa Barbara

IN MEMORY OF...

Helen Barber
by Mr. & Mrs. Edwin Marks
James Miller
Mattie V. Gleichman
by Mr. & Mr. B. F. Henderson
Jose Gutierrez Jr.
by Mr. & Mrs. Jose Gutierrez
William Kealty
by Hazel Kealty
Marian Mangan
by Jeanette C. Battey
A. Dewey Phillips
by Margaret Phillips
Nell Pritchett
by Faye McDonald
Steven Michael Sandoz
by Mrs. Connie M. Sandoz
George Schrock
by Edie Groffrey
Colleen Scott
by Florence Multer
Willard Townsend
by Jim & Frances Egan
John Pedit
by Norm & Lynn Weitzel
Eddie Shapiro
by Norm & Lynn Weitzel
Lance York
by Mr. & Mrs. Dan Stowell

Golf Participants

DONATIONS
A Better Club - Kit Mungo
Allison's Country Cafe
American Commercial Bank
AT&T Wireless Services
Auto Club of Southern California
Barber Ford
Berta Steele
Cafe Scoop
California Office Equipment
Carefree Travel
Champs Sports
Chicago Title Company
Coffee Bean & Tea Leaf
Community Memorial Hospital
Cottage Cafe
Disneyland
Donna Kimber
Doubletree Carmel Highland Resort, San Diego
Doubletree, Ventura
Eggs 'n' Things
Ericssons
Ferraro's
Five Points Car Wash
GE Supply
Harrison Industries
Island Packers
J. C. Penney Co.
Jim Hall Racing, Inc.
Judy Frazier
Knotts Berry Farm
Marquie Dinner Theatre
Nanci Masulis
Patagonia
Pierpont Racquet Club

Reel Talent/Kids, Santa Barbara
Santa Barbara Bank & Trust
Sea Things
See's Candies
Sheriff Larry Carpenter
State Farm Insurance - Dennis Watson
State Farm Service Center - Ventura
The Oaks at Ojai
Trader Joe's
Union Oil Co.
United Way of Ventura County
The Water Store
Thomas V. Weckworth, D.C.
Yolanda's

TEE SPONSORS

Air Force Sergeants Associates #1311
Allison's Country Cafe
Ginny and Bob Camarillo
Bill Duston, Realtor, Fred Sands Estates
Buena Chevron - Kevin Corse, Dealer
Charles Carroll Mortuaries, Inc.
Children's Wonderland/The Highland Club, Child/Adult Daycare
Classic Roofing
Custom Awards & Engraving
Denny's - Camarillo
Door Outlet
Dynamic Computer Service
Far West Construction

Ivy Lawn Cemetery Association
Jeffrey L. Rosenfeld
Lawler, Bonham & Walsh - Attorneys at Law
Seabreeze Cleaners
Signs Now
Sisters of St. Joseph of Carondelet
Susan Lacey, Ventura County Supervisor
Ventura County Star
Ventura Suburban Kiwanis Club
Andy Viles, CPA - Vance, Thrift and Biller

GOLFERS

Bob Alviani
Dan Anderson
Don Anderson
Frank Antillon
Bill Arnold
Dave Baker
Golfer Bartel
Ed Batman
Jeff Beban
Holly Beeninga
John Blanchard
Golfer Bradley
Rich Breitner
John Bryant
Chris Buford
Tom Buford
Golfer Carlson
Steve Carter
Roger Case
Frank Cavola
Steve Cecil
Roy Colbert
Jack Collings
Pete Cosenza

Walter Coyne
Ed Dasnoit
Frank Diacuna
Golfer Diaz
Steven Douglas
Ronnie Dwyer
Norm Enriquez
Mark Fenske
John Gilbertson
Golfer Gillette
Julius Gius
Ray Hammerlee
Gary Hardy
Roy Helm
Howard Helms
Andres Herrera
Lee Hickman
Bill Hicks
Tom Hinds
Gary Hitch
John Hofer
Cliff Hyink
Bob Joza
John Katch
Don Lasser
Rick LaValle
Dave Lawrence
Armando Lopez
Gil Luchuga
Marshall Lumsden
Gerard Martinez
John Masterson
Mike Matthieu
Mark McCleery
Ryan McCleery
David McCrory
Phil Mechanick
Jon Meredith
Jayson Merrill

Bob Mobley
Mike Montoya
John Myers
Ernie Nichols
Ed Parda
James Patrick
Jeff Paul
Bob Ridgeway
Tom Rosene
John Ryan
David Salazer
Jim Schleimer
Mark Scott
Dave Spasiano
Len Stauffer
Golfer Stice
Ken Stropole
Mark Tanchuck
Dominic Tedesco
Ernie Thurmond
Jack Tingstrom
Dave Tipton
Wayne Troxell
Ron Tunick
Jim VanWyck
Joe Vaughn
Mike Voyles
John Walters
Norm Weitzel
Jon Whited
Ted Williams
Tom Wilson
Keith York
Dennis Zalamea
Ramon Zalamea
John Zaruca

Meet the Board

Lylian Pressel

Born and raised in Switzerland, Lylian Pressel emigrated to the U.S. in 1964. She came to California from New York City, arriving in Ventura in 1969.

An enthusiastic traveler who speaks several languages, Lylian opened her own travel agency, Carefree Travel, in 1984. Besides her work on the CAREGIVERS board, she is a member of the East Ventura Kiwanis Club. She enjoys

reading, dancing, and classical music, especially opera.

She has one grown daughter who will enter the veterinary medicine program at Colorado State University in the Fall.

About her relationship with CAREGIVERS, Lylian says, "I feel privileged to be part of this organization. In future years, there will be more and more people living to a greater age, with fewer and fewer resources to take care of them. There is a definite need to have an organization dedicated to helping needy elders."



Congratulations to CAREGIVERS Board Member Jesse Dunlap, who was recently elected to a two-year term in the California Senior Assembly.

Grief...Continued

relative or neighbor to come and help because they may be calmer and more objective."

That sounds like good advice because it is estimated that when dealing with a death, the survivors need to make somewhere between 75 to 100 decisions when they're trying to deal with grief. Some are critical decisions. Many are expensive. Some people call this difficult period "the second tragedy of death."

To eliminate confusion and surprises at the time of death, you and your loved ones should plan ahead and prepare directives to spell out your wishes.

For instance, if you find your spouse has died and he/she did not want the paramedics to perform medical heroics, you should have on hand your copy of your Durable Power of Attorney for Health Care. This is a legal California document which spells out one's "Do Not Resuscitate" (or "Pull the Plug") wishes. It was reported by Frances Leonard in *Modern Maturity* in 1994 that the Supreme Court has indicated that these directives are enforceable, if properly executed.

Yet in the January, 1996 AARP Bulletin, Christopher Conte noted that the wishes of many patients with advance directives are being ignored by doctors and nurses. This has resulted in "lives senselessly prolonged by futile treatment of seriously ill hospital patients."

In order to overcome this problem, medical experts say that more patients need to write out their wishes in advance of a medical emergency. Family members, doctors and religious counselors must be aggressively informed about their wishes to die with dignity. And, most important, everyone should name at least one trusted surrogate to vigorously represent them if they should become incapacitated.

"My advice is not to try to deal with this kind of situation by yourself."

Denial leads many people to wait until the last minute, according to Robert Butler, M.D., professor of geriatrics at Mt. Sinai School of Medicine in New York. They wait until they're sick or unable to think clearly to fill out advance directives.

See your attorney or check out the patient guides to advance directives prepared by AARP, the American Medical Association or the American Bar Association.

Rex's mother had already indicated her wishes by signing a Durable Power of Attorney drawn up by her attorney. She had also discussed her wishes to be cremated and for a happy celebration for family and friends to be held after her death with Rex, her sole heir, whom she named executor in her will.

If the deceased was a patient in a hospice program, you would first call the hospice nurse, not 911, according to Marilyn Adams of Camarillo Hospice. Usually the nurse will then notify the hospice physician, who will prepare the death certificate.

Leonard also wrote in *Modern Maturity* that there is no rush. "When you feel up to it, you can notify friends and relatives, and arrange memorial services, if any. After a few days, you should contact your lawyer to begin the process of probate, or distribution of property under a trust."

When talking with the funeral home, take your time to ask questions freely and use their help. In California there are now many new laws requiring mortuaries to provide consumers with complete disclosure of their practices. So there are lots of forms you will have to sign. We discovered that the simplest cremation came to \$1,500. I have also seen figures estimating the average cost of a burial in California at \$5,800.

Be good to yourself. Get help if you need it. Check out the free hospice bereavement counseling programs and referral services.

There is also a new free Senior-to-Senior Peer Counseling service available to Ventura/Oxnard residents over 55 at 659-5144 and in Camarillo to those over 60 at 659-7189.

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.

- Coping in a Time of Grief
- Spotlight on "Kuss & the Boys"
- Circle of Responsibility
- New Board Member

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 volunteers with elders who need assistance, CAREGIVERS permits many of them to remain in the familiar and cherished surroundings of their own homes.

CAREGIVERS, an interfaith effort, is a program of the Sisters of St. Joseph of Carondelet and is grateful for the financial assistance of Trinity Lutheran Church, Ventura; First United Methodist Church, Ventura; Ventura County Church of Religious Science, Ventura; Sisters of the Holy Cross; National Council of Jewish Women; First United Methodist Women; and St. Paul's Episcopal Church, Santa Paula.

Board of Directors

Norman T. Weitzel, *Chairman*
Ginny Camarillo, *Vice-Chairman*
S. Barbara Dugan, *CSJ, Secretary*
Judith V. Frazier, *Treasurer*

S. Marilyn Binder, *CSJ*
Roderick E. Brown
Jesse Dunlap
Wendy Gutierrez
Lillian Pressel
S. Carmen Rodriguez, *RSM*
David Tipton
Keith York

Advisory Board

Wayne Dugan
Beverly Polis
Hon. Susan Lacey
Eldon "Pete" Peterson
Luther Tolo
Harry Walsh



In Ventura:
(805) 652-0566
In Santa Paula
Fillmore:
(805) 525-5006

Staff

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

Coming Events:

Board Meetings

Thursdays 7:00 A.M.
May 16, June 20, July 18

Ventura Police Block Party

Sat., May 4, 9 A.M. – 5 P.M.
Stop by our booth and say hello!

Rummage Sale

Early fall date to be announced
Save your usable discards for us!