



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Spring 1997

Volume 14, Number 2

Wasn't That a Party!

by Chuck Thomas

Betty White, who has entertained two generations of viewers in a variety of movie and TV roles, showed her many fans at a CAREGIVERS fund raiser that when she's portraying a generous and charming lady, it's no act: She's just being herself.

At the invitation of CAREGIVERS' executive director Pat Meredith, Ms. White graciously served as the guest of honor for a delightful evening in the elegant setting of the Tower Club. Under the

sponsorship of Santa Barbara Bank and Trust, 125 of CAREGIVERS' friends and volunteers gathered to benefit their favorite charity while being totally captivated by the guest of honor. Additional support for the event was given by Ginny and Bob Camarillo and State Farm Insurance.



Virginia Forbes and Russ Murauski make Ms. White an honorary member of "Huggers International."

time to chat with each of her fans. After having won her share of awards for professional performances, she also won the adulation of the whole CAREGIVERS family, by demonstrating that none of the memorable characters she has portrayed is nearly as admirable and enchanting as the real Betty White.



Volunteer Fred Scribner gets a hug and a thank you for his help as one of CAREGIVERS' "emergency drivers."

Ms White regaled her listeners with her humor and charmed them with her thoughtfulness. She patiently autographed everything from her books to dinner programs, taking the



Board Chairman Norm Weitzel and wife Lynn enjoy a chat with a gracious Ms. White.

We wish to gratefully acknowledge **SANTA BARBARA BANK & TRUST** for their sponsorship of "An Evening with Betty White." And we also thank Ginny and Bob Camarillo and State Farm Insurance for additional support.



Volunteer Donna Kimber gets her copy of "Here We Go Again" personally autographed

The Secret of Long Marriages

by Laine Waggoner

There's no doubt about it. With our aging population—more couples are staying married longer than ever before.

Nowhere else in the life cycle do the words "in sickness and in health, for better or worse" have deeper meaning.

Lillian Hawthorne, a petite 73-

year-old dynamo who lives in Camarillo's Leisure Village, bubbles with enthusiasm when she talks about the self-knowledge and understanding she has gained about lifetime marriages. She has spoken with many long-time married couples and she recently celebrated her own 50-year marriage to her husband, Edward,

a retired aerospace engineer.

After a lengthy and fulfilling career as a secondary school teacher, social worker and finally, trainer of social workers at the University of Southern California, Lillian retired in 1987.

"Social work was the right career for me; it was where I felt I belonged," she recently explained. "It became a two-way process: I

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Golf Tournament a Big Success!

We are sincerely grateful to all the individuals, businesses and organizations that supported our 5th annual "Wearin' of the Green" golf tournament on March 17. The tournament sponsor was AT&T Wireless Services and additional support was received from Harrison Industries, Community Memorial Hospital, and GTE.

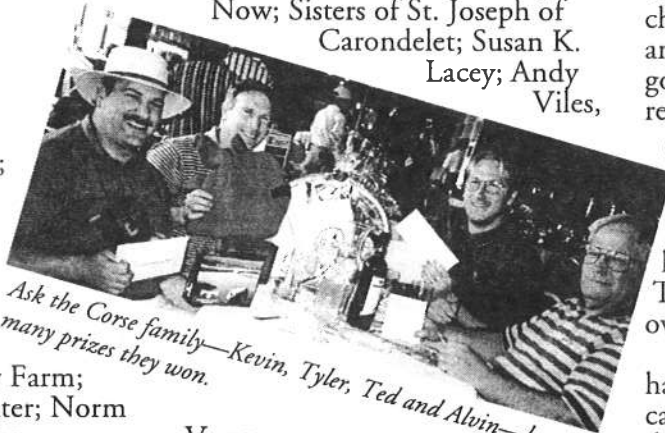
We hope you will let all these folks know that their support for this program is appreciated. In addition to the above, donors include the following:

A Better Club; Air Force Sergeants Associates; American Commercial Bank; Auto Club of S. Calif.; Barber Ford; Bloksgaard, Glick & Weitzel; Buena Chevron; Buenaventura Golf Course; Buratto & Associates; Cafe Scoop; Ginny & Bob Camarillo; Carefree Travel; Charles Carroll Funeral Home; College Sq. Hair Design; Cottage Cafe; Crown Billiards; Disneyland; Donna Kimber; Doubletree Hotel; El Torito; Five Points Car Wash; Franky's; Don Duffey; Judy Frazier; Gap; Gene Santo; J.C. Penney Co.; Island Packers; Jim Hall Kart Racing School; Kiwanis Club of E. Ventura; Knotts Berry Farm; Marquie Dinner Theater; Norm Weitzel; Ojai Valley Inn; Patagonia; Pierpont Inn; Pierpont Racquet Club; Rapunzel's Rage; Santa Barbara Bank & Trust; Santino's Pizza & Pasta; Sea

Things; See's Candies; Spanish Hills Golf & Country Club; State Farm Insurance; Berta Steele; Trader Joe's; United Way; Ventura Police Dept.; Ventura's Water Store; Cecilia Macias; Century 21; Classic Roofing; Custom Awards & Engraving; Dynamic Computing Service; Far West Construction; The Gas Co.; Lawler, Bonham & Walsh; Oxnard Police Officers Memorial Golf Tournament; Seabreeze Cleaners; Signs Now; Sisters of St. Joseph of Carondelet; Susan K. Lacey; Andy Viles,



The team of Bob Brinner, George Hernandez, Manny Hernandez, and Joe Curd took 1st place in the A Flight.



Ask the Corse family—Kevin, Tyler, Ted and Alvin—how many prizes they won.

Vance, Thrift & Biller; Ventura County Star; Ventura Suburban Kiwanis Club.

Our annual golf tournament would not happen without the hard work of many volunteers. This year's crew included Norm Weitzel, Jack Collings, Jack Tingstrom, Ron Ulreich, Donna Kimber, Cecilia Macias, S. Barbara Dugan, Keith York, Dee Ambrosini, Luther Tolo, Judy Frazier, Rod Brown, Norma Fulkerson, Dave Tipton, Dan Banyai, and State Farm employees Lisa LoVullo, Jerry Torrence, Martha Tovias, and John Whited. A big bouquet of thanks to all!

Marriage – Continued from page 1

could help others while gaining a great deal of self-knowledge about myself."

Since 1991, Hawthorne has been writing thought-provoking newspaper columns on the varied experiences of aging for Senior World. These will be published before the end of the year under the title, "Finishing Touches."

She explains that the theme of her book is that "growing older is a combination of the good and the bad...Aging means we learn some of the answers to life's questions while also dealing with loss and other problems of aging."

Lillian's hypothesis is that her generation may be the first and only generation to celebrate long-term marriages of 40 years or more. This is because our parents and grandparents didn't live long enough and our children are marrying later or divorcing and re-marrying or staying single. Although the children are living longer than their parents, they are often not with the same partners.

Couples who stay together over time usually share many life changes. Their children grow up and move away from home. They go through retirement and the resulting changes in financial status and social prestige. The signs of physical aging creep up on them, such as health problems and slowing down. They lose their parents and friends. This forces them to face their own mortality.

If couples are fortunate, they have already built a bond of caring before they age. Thus, they don't have to go it alone in times of adversity, according Barbara Silverstone and Helen Kandel Hyman in "Growing Older Together" (2).

Lillian says, "It's ironic that we spend so much of our married lifetimes trying to change each other, when it's really these shared experiences that re-shape us both. What keeps us together through

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Executive Director's Message



Pat Meredith, Executive Director

Class

I have been trying to find a good definition of the word "class," as in "She is a class act." Some "agony aunt" columnist—probably either Dear Abby or Ann Landers—once wrote a column about it, and now I wish I had clipped it out.

Marriage – Continued from page 2

all these changing years is as much reality as romance; i.e., an inseparable combination of fears, familiarities and facts."

Fears: We worry about whether or not we will outlive our money or lose our independence. We fear being left alone in our later years, so we worry (sometimes we obsess) about our spouse's health.

Familiarity: "Over the years we have forged a fundamental alliance which is stronger than the little daily damages we may do to it...We know which 'buttons' to push and also which ones to avoid or ignore or respect," says Lillian.

Facts: Lillian reminds us that the facts of life and marriage when the older generation was growing up were that "nobody promised us that we'd always be happy, so we didn't expect magic and sunshine forever...For our generation, compromise is not a cop-out and accommodation is an acceptable art. With time and effort and the help of humor, we learn to

I looked up the word "class" in my Webster's dictionary. It gives a slang definition: "excellence, esp. of style or appearance." For the adjective, Webster's says "first-class; very good, elegant; classy..." Well, not a very satisfying definition.

I can, however, provide a better one. Class, in Meredith's unabridged version, is **Betty White**.

This generous, caring, gracious, vivacious, down-to-earth, talented, kind, funny lady is, indeed, a class act. She consented to make an appearance at a fund-raiser for CAREGIVERS, never having heard of us before. She never asked a single thing from us, not an honorarium, not transportation, not overnight accommodation. Nothing.

She and her good friend Gail Clark battled more than usually chaotic freeway conditions to get to the Tower Club, where Betty immediately apologized profusely for being late! She then charmingly had something kind and

personal to say to everyone who approached her. When we thanked her for coming, her reply was, "Thank *you* for inviting me."

When she spoke after dinner, Betty lauded the good work done by CAREGIVERS volunteers, and her knowledgeable remarks showed that she had done her homework and really knew what we are about. She spoke without notes, and had us in stitches with some of her hilarious experiences in show business.

She stayed on long after dinner, cheerfully signing books and programs with comments personalized for each recipient. She didn't get home until after midnight, I'm sure.

You really can't define class in so many words. You just know it when you see it.

*Have you remembered
CAREGIVERS
in your will?*

accept each other as we are...We are finally able to reconcile the marriage we once thought we wanted with the one we know we really have—and not feel disappointed or regretful with the results."

Susan Page agrees in her book, "Now that I'm Married, Why Isn't Everything Perfect?" (2). She writes, "We must learn to judge our marriages on their own merits." With a background of 20 years in counseling, Page has come to see that couples need to discard detrimental preconceived ideas about how relationships and life in general should be. This is an important prescription for a good life and a sense of well-being.

"Those in thriving marriages have made peace with the past," writes Page. She believes that a

perfect marriage is not one without challenges but one that has the strength to manage the challenges that arise.

Indeed Silverstone and Hyman echo that thought. They believe that "how couples resolve late-life crises will determine whether old age will be satisfactory, merely bearable or truly miserable."

Many of us can get a chuckle out of the joke about the long-married woman who said of her feelings about her husband: "Divorce never! But murder, frequently!"

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Resources:

(1) "Growing Older Together," Pantheon Books, 1992. Library catalog #646.79

(2) "Now that I'm Married, Why Isn't Everything Perfect?," Little, Brown and Company, 1994. Library catalog # 646.78



YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (January through April, 1997)

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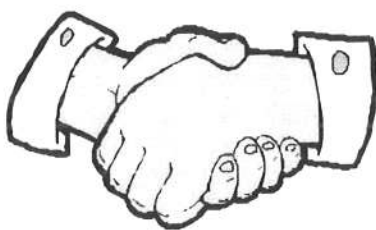
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We are able to provide this vital help to the frail elderly in Ventura County only because of the generosity of people like you. Contributions, gifts to our Endowment Fund, memorial gifts, and gifts in honor of a special person or occasion may be sent 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 information.

Special Thanks to Special People



- ... to Cookie Miley for beautiful, hand-made pressed flower greeting cards.
- ... to Roger Klas and Frank Cavola of the Ventura Suburban Kiwanis Club for helping us move our office in Santa Paula.
- ... to Father Bill Baumgarten and parishoners at St. Paul's Episcopal Church, Santa Paula, for donating office space to us for seven years.
- ... to Floyd Hair for helping us find a new office.
- And for assistance with An Evening with Betty White:
- ... to Catherine Baker for invitation and program design
- ... to Laine Waggoner for publicity
- ... to Jim Barker for graphics
- ... to Ed Elrod, Ventura Book Store, for bringing Betty White's books to our event and sharing the proceeds with us.



HELP WANTED!

Can you give two or more hours per week to help an elder in need? We have about 25 seniors now on our waiting list for service. Their needs range from transportation to the doctor, to help with writing out checks to pay monthly bills, to minor household tasks such as changing a light bulb. Volunteers are never put in a position beyond their capabilities, nor are they ever asked to do any kind of nursing care. You decide what tasks you can help with and how much time you can spend each week. You can help someone improve his or her quality of life, and you can make a wonderful new friend in the process. Please call 652-0566 for more information.

Santa Paula Office Has Moved!

The CAREGIVERS' office in Santa Paula is now located in the offices of Cal West Real Estate, 123 North 10th Street. We are so grateful to owner Jim Garfield for donating this space to our program. Office hours are from 9 a.m. to noon on Monday, Wednesday, and Thursday. Program Director Cecilia Ollivares may be reached at 525-5006.

New Endowment Fund Builds for the Future

To ensure that CAREGIVERS' services will be available to residents of Ventura County far into the future, our Board of Directors has established the CAREGIVERS Endowment Fund with the Ventura County Community Foundation.

The Endowment was opened with reserve funds and will be built primarily from various forms of deferred giving, such as tax-exempt charitable remainder trusts. Such trusts enable donors to eliminate capital gains taxes on appreciated assets and increase their current income.

The Endowment Fund is absolutely necessary to maintain CAREGIVERS' financial viability in this era of decreasing revenue for social welfare programs. It will be a growing fund over the long term. The principal will be left intact to earn interest and may not be disturbed. In this way, you may be assured that your contributions will be used in future years as you have stipulated. The interest income may be left each year to increase the value of the fund or may be used to benefit the CAREGIVERS' program and the people who receive our services.

If you would be interested in knowing how you can help CAREGIVERS through a donation, bequest, or a tax-advantaged deferred gift, please complete the following form and return it in the envelope attached. Check all that apply.

- I would like information on planned giving vehicles such as annuities or charitable remainder trusts.
- I would like information on making an outright gift of cash, real estate, appreciated securities or gifts in kind.
- I would like information on making a bequest.
- I have already included CAREGIVERS in my will, trust, or other financial plans.

Please call me at _____ Best time to call is _____

Name _____

Address _____

City, State _____ Zip _____

Coming Events:

Board Meetings
Thursdays 7:00 A.M.
June 19, July 17

Annual Rummage Sale
October date to be announced

55-Alive Safe Driving Course
to be presented at CAREGIVERS
May 22 & 23, 9 a.m. – 1 p.m.

CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

261 North Catalina Street
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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 sponsored by 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.

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