



# CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Spring 1998

Volume 15, Number 2

## Where Does it Hurt?

### Pain Management

by Laine Waggoner, M.A.

**P**ain is unique to each individual. Because pain can slow healing, it can be a major detriment to one's health and quality of life.

There have been many exciting advances in understanding and treating pain in recent years, according to published reports. The pain experts say that pain needs to be controlled as early as possible.

The good news is that it is now possible to control most acute and chronic human pain, including cancer pain. Yet, sadly, most severe pain is still undertreated, according to the American Pain

Society and researchers at City of Hope National Medical Center.

At least half of the patients who suffer from acute pain in the U.S. do not receive adequate pain relief, according to Bob Arnot, M.D. Pain caused by chronic backaches, headaches, arthritis and old injuries is also often unrelieved in more than 120 million Americans.

One painful reality is that few doctors or nurses are well educated in treating pain. Another problem is that many people have unfounded fears of addiction to



pain killers. But, in recent years, the use of narcotics (opioids) such as morphine and codeine for intractable pain have been approved by the federal and state government.

Experts believe that everyone should be able to receive treatment to prevent or adequately

*Continued on page 4*

## Volunteer Spotlight

by Carol Basralian

**W**hat happens when you bring two New Yorkers together, one from the Bronx and one from Brooklyn? Great joy, friendship and lots of reminiscing!!!

When Ed Abato, 71, came to me and said he wanted to visit someone, I had the perfect person in mind, Nicola Cristiano, 97. Age difference doesn't matter because being Italian from the same city is a very special tie.

Ed and Nicola swap "life in N.Y." stories. Along with providing companionship, Ed runs errands and sometimes just takes Nicola for a ride. Occasionally, Ed brings his accordion and plays some familiar Italian songs. Nicola's beaming face tells it all, "He's my friend, Italiano!" he says.



*Ed Abato (l) and Nicola Cristiano*

Nicola was born in Muro Lucano, Italy, near Naples, and came to America through Ellis Island in the early 1930's. Settling in the Bronx, he met and married his wife Grace and had two sons, Luigi and Vincent. He had a successful shoe repair business and life was good until his wife got sick and died in 1967. Nicola

then traveled to Los Angeles to live with his sister. After her death, he moved to Ventura in 1996. Nicola's eyes glisten when he talks about his four grandchildren and his six great grandchildren. He's very proud of them all.

Ed Abato was a math teacher and a financial advisor for Metropolitan Life Insurance Company in New York. He and his wife, Marie, had five children. In 1990, they moved to California. A member of Sacred Heart Church, Ed learned of our need for volunteers in the church bulletin. Besides being a special CAREGIVERS volunteer, Ed serves communion to homebound parishioners every week. When he has time, he loves to swim and play golf in Saticoy.

## Student Volunteer Wins Scholarship

We're very proud of our volunteer Rob Richardson, a senior at St. Bonaventure High School. Rob recently was awarded a \$1,000 scholarship from Target Stores for his community service.

Rob has been in the CAREGIVERS program for 2 years, assisting Russ Murawski, who is blind, a community activist and volunteer for several organizations. Rob has been helping him read and sort through paperwork in order to keep up with his many activities. The last paragraph of Rob's prize-winning essay reads as follows:

"Reading to Russ started out as an obligation for school but quickly turned into much more than a way to meet a small, 15-hour requirement. I now think of Russ as a dear friend: a friend that I would never want to lose. I sympathize with all the kids my age who feel skeptical and afraid about volunteering."

*Continued on page 7*



*Russ Murawski (l) and volunteer Rob Richardson*

## Golf Tournament a Sell-Out!

For the first time in its six-year history, CAREGIVERS' "Wearin' o' the Green" golf tournament attracted a capacity crowd of 144 golfers. Held on a damp March 16th at the Buena Ventura Golf Course, the tournament netted \$12,800 for our program.

Please join us in thanking our sponsors, donors, and tee sponsors for their support:

**Tournament Sponsor: AT&T WIRELESS SERVICES**

**Co-sponsors:**

**SANTA BARBARA BANK & TRUST  
AMERICAN MEDICAL RESPONSE  
GTE  
PACIFIC BELL  
BANK OF VENTURA  
HARRISON INDUSTRIES**



*Mike Burns (l), Ventura Mayor Jim Friedman, Tim O'Neil, and Don Wood (not pictured) placed 3rd in the B Flight.*

A Better Club; Acapulco Mexican Restaurants; Air Force Sergeants Associates #1311; American Commercial Bank; Andria's Seafood Restaurant & Fish Market; Associated Courier Systems; Automobile Club of Southern California; Pete Baptiste - Edward Jones Co.; Barber Ford; Beazer Homes Southern California; Blocksgaard, Glick & Weitzel; Buena Ventura Golf Course; Buratto & Associates; Cafe Scoop; Ginny & Bob Camarillo; Carefree Travel; Charles Carroll Mortuaries; Chuy's - Camarillo; CIVITAS Town Planning; College Square Cleaners & Laundry; Community Memorial Hospital; Cottage Cafe; Crown Custom Pool Tables, Inc.; Custom Awards & Engraving; Disneyland; The Door Outlet; Doubletree Hotel Ventura; Dynamic Computing; El Torito Restaurants; Fair Consulting, Inc.; Far West Construction Company; Five Points Car Wash; Franky's Restaurant; Judy Frazier; Al Friedman Photography; The Gas Company; Globe Arts - Norma Fulkerson; Jim Hall Kart Racing School; Hungry Hunter; Island Packers; Andy Killion - Dean Witter & Co.; Supervisor Susan Lacey; Lawler, Bonham & Walsh; Longs Drugs; Armando Lopez Associates; Cecilia Macias; The Oaks at Ojai; Ojai Valley Inn; Pierpont Racquet Club; Pioneer Hotel and Gambling Hall; Pro/Motion Silk Screening Co.; Santino's Pizza Parlor; Sea Things; Seabreeze Cleaners; See's Candy; Sheraton Four Points Hotel; Signs Now; Sisters of St. Joseph of Carondelet; Sizzler - Camarillo; State Farm - Dennis Watson; Berta Steele; Summit Golf; Texas Cattle Co. - Camarillo; Trader Joe's; Ventura Book Store; Ventura Suburban Kiwanis; Andy Viles/Vance Thrift & Biller; The Water Store - Ventura.

*Continued on page 6*

# Thanks to All the Golfers Who Participated

We Hope to See You Again Next Year!

Angelica Adame  
 Scott Altimara  
 Buzz Anderson  
 David Baker  
 Edward Batman  
 Frank Beauregard  
 Sharon Bick  
 Penny Bohannon  
 Richard Breitner  
 Bob Brenner  
 David Buffington  
 Chet Burchinal  
 Mike Burns  
 Larry Bushey  
 Mario Caballero  
 John Carabajal  
 Tony Carabajal  
 Michael Carney  
 Frank Cavola  
 Jack Collings  
 Gary Coltrin  
 Dave Conway  
 Ben Corralejo Jr.  
 Al Corse  
 Ted Corse  
 Tyler Corse  
 Tim Cottie  
 Richard Cox  
 Ed Cuaresma  
 Joe Curd  
 Jim Davis  
 Jim Dawson  
 Marty de los Cobos  
 J.P. Dufau  
 Al Duran  
 Bill Duston

Douglas Edgar  
 Matt Ellison  
 Charles Eskridge  
 Gary Fallon  
 Matt Fausset  
 Pat Forrester  
 Dawn Fox  
 Jim Friedman  
 David Fucito  
 Greg Galloway  
 Henry Gasbarri  
 Sandra Gerbitz  
 Jesus Gomez  
 Rudy Gonzales  
 Dave Green  
 Andy Hanchett Jr.  
 Paul Hawblitzel  
 Carrol Hendrick  
 Mel Henson  
 George Hernandez  
 Joe Hernandez  
 Manny Hernandez  
 Manny P. Hernandez  
 Mary Lu Hernandez  
 Lee Hickman  
 Tom Hinds  
 Gary Hitch  
 William Horton  
 Brad Huber  
 Cliff Hyink  
 Bobby Jones  
 Brad Kane  
 Andy Killion  
 Tahnee Knight  
 Joe Kreutz  
 Louis Lovelace  
 Lisa LoVullo



Jim Ludwig  
 Steve Maitland  
 Fred Markle  
 Sue Matta  
 Mark McCleery  
 Ryan McCleery  
 David McCrory  
 Jon Meredith  
 Lester Miyasaki  
 Larry Moe  
 Mike Montoya  
 Joe Moran  
 Mike Morgan  
 Kit Mungo  
 John Myers  
 Gary Nasalroad  
 Dennis Neal  
 Ernie Nichols  
 Emil (Moe) Norby  
 Grant Olson  
 Tim O'Neil  
 Sid Oxford  
 Dale Palmer  
 Archie Park-Sherbo  
 Don Partridge  
 Ted Pedova  
 Steve Ragan  
 Dave Ramsey  
 Erin Rea  
 Steve Reck  
 Robert Ridgway  
 Michael Ronan  
 Teddi Ronan  
 Scott Rosen  
 Bud Salazar  
 Robert Savala

Rob Savarese  
 Jim Schleimer  
 Sylvia Schnopp  
 Tommy Slater  
 Steve Smith  
 Duke Snyder  
 Len Stauffer  
 Mark Tanchuck  
 George Thompson  
 Jack Tingstrom  
 Bob Tobias  
 Joe Toy  
 Robert Tripp  
 Wayne Troxell  
 William True  
 Ron Ulreich  
 Tom Umanhoffer  
 Troy Van Natta  
 Tami Vanwezel  
 Louis Vigorita  
 Ernie Villegas  
 Don Walker  
 Debra Wardlaw  
 Bob Weber  
 Glenn Weiss  
 Norm Weitzel  
 Ted Williams  
 Tom Williams  
 Tom Wilson  
 Bill Wilund  
 Don Wood  
 Jack Woodruff  
 Dan Workman  
 Dennis Zalamea  
 Ramon Zalamea  
 John Zaruka



Volunteers (l-r) Keith York, Chuck Brady and Rod Brown get ready for the putting contest.

control their pain. That's why pain management centers have been established in some 2,000 communities.

Recent research suggests that pain is best controlled with a multidisciplinary approach combining some or all of the following: medical treatment, pain-killing drugs, physical therapy, exercise, massage, heat/cold therapy, transcutaneous electric nerve stimulation (TENS) and behavioral management techniques, such as relaxation and guided imagery.

People with an active coping style, who can control their emotional responses to pain, have the best chance of winning the battle over pain.

Not as successful are those who are passive or don't make the lifestyle changes recommended for self-management, according to Deborah T. Gold, Ph.D., of Duke University's Center for the Study of Aging.

"Older people are the silent sufferers of pain," says Hubert L. Rosomoff, M.D., founder of a Miami Beach pain center.

"They're constantly misdiagnosed, but many can be helped to cope with their pain. Staying in bed is the worst thing a pain patient can do."

When a person doesn't move, muscles can stiffen and release more pain-producing chemicals, says Rosomoff. The best way to control muscle spasms is to relax, stretch and strengthen the muscles, so they'll stop pressing on the nerves.

Gaining mastery over pain is a challenge for Betty Burch of

Camarillo. Yet, the 69-year-old maintains a remarkably positive attitude. Diagnosed in 1990 with chordoma, an extremely rare form of slow-growing spinal cancer, Burch has fought to maintain her hope for a cure.

"I've had surgery, conventional radiation, chemotherapy, proton radiation and a new drug made from the aloe vera plant," she said. "There is no known cure for my type of tumor and there is no known means of retarding its growth."

Paralyzed from the chest down, Betty had exhausted traditional and experimental medical treatment, until this spring she discovered hypothermia, which heats the cancer cells. "It's beginning to look promising," said Betty cautiously.

Although pain is a constant, Betty said she tries to keep pain killers to a minimum, "because I don't want to take anything that will destroy my thinking."

Betty learned some valuable techniques for pain management in a Camarillo Health Care District class on "Taming Chronic Pain." The teacher was Joyce Lombard, of Ventura, a licensed marriage and family counselor, who has specialized in helping people with chronic illnesses and pain for the past 20 years.

Lombard's next class in Camarillo will be in the fall. "I teach patients how to sort out the various physical, emotional, mental, social, spiritual and environmental components of pain," she said. "Then, we work

on addressing them separately in order to break the cycle of pain-to-depression-to-isolation, which is so common among chronically-ill people."

Betty tries to keep as busy as possible and she practices relaxation while listening to music and using visualization or guided imagery to envision herself in a pain-free situation.

Her very supportive husband of 48 years is Jack. A minister in the Church of Christ, he helps Betty to get around, using such equipment as a wheelchair with a detachable motor, a pivot lift, a brace for ambulation to simulate walking and a special sling to ease showering. Jack also built a wheelchair patio garden for Betty, in which she cultivates spinach, lettuce, herbs and tomatoes when she feels up to it.

It is important that you learn to clearly describe the nature of your pain to your health care provider. Pain is caused by a chemical reaction in the body due to an injury or overexertion. Chronic pain (or kyphosis) among many older women is due to osteoarthritis and osteoporosis, because there is less muscle flexibility and resilience.

Pain coexists with your emotions, says Dr. Ranjan Ray, professor of social work and psychiatry at the University of Manitoba. That's why pain must be examined in conjunction with other issues such as stress, depression, marital discord and life changing events.

*RESOURCES on page 7*

#### Books on Pain:

"Older Women with Chronic Pain," edited by Karen Roberto, Ph.D. NY, Harrington Park Press, Haworth Press, 1994

"Pain Relief - How to Say No to Acute, Chronic and Cancer Pain!" by Jane Cowles, Ph.D. NY - Mastermind Ltd. 1993.

## Executive Director's Message



Pat Meredith

**M**y message this time is an urgent plea. CAREGIVERS is in desperate need of more volunteers. For some reason, people have not come forward this year as they have in the past. Since January 1, we have added only five new volunteers to our roster.

There are more and more frail elders looking for assistance, so this lack of volunteers leaves us with a long waiting list.

We need your help. Here is what you can do:

1. Volunteer yourself.
2. Tell friends and neighbors about the program and ask them to participate.
3. Carry our message to your church guilds, circles, and study groups.
4. If you belong to a service or social club, tell your program chairman about CAREGIVERS and ask if we may speak at an upcoming meeting.

Volunteers are asked to give 2 to 4 hours per week to a senior who needs "neighborly" assistance (no medical, bathing, or lifting). This could be transportation to the doctor, help with reading and writing, minor household help (no heavy cleaning), or just visiting and companionship.

Please call us at 652-0566 if you have any ideas.

*Please help to ensure that this program will continue into the future by remembering CAREGIVERS in your will or trust*

## Valued CAREGIVERS Supporters



**Sarah J. Hardcastle**  
*Registered Conservator*

Post Office Box 5039  
Ventura, CA 93004-5039

(805) 984-2860

Toll-Free: 1-888-327-6485

*A court-appointed personal/financial case manager for people in need.*

### **Jerry O. Crow, Esq.**

Meeting your needs for estate planning, administration, and asset management for 18 years in Ventura County. Supervised by you, your family, your attorney, or the court.

**Attorney at Law  
Professional Trustee  
Professional Conservator**

1190 S. Victoria Ave.  
Suite 302 Ventura,  
CA 93003

**653-5353**  
(Voice & Fax)



**Lillian Pressel**  
Owner

4080 Loma Vista Rd., Suite E  
Ventura, CA 93003

(805) 644-7888  
FAX (805) 644-1833

## Your ad here!

Call Pat Meredith at  
652-0566 for information.



## YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (January – April, 1998)

Penny Allen  
Mr. & Mrs. Robert Anderson  
Anonymous  
Mr. & Mrs. Donnell Armand  
Barbara Jane Backus  
Lucille Been  
Judge & Mrs. Jerome Berenson  
Mrs. Elizabeth Blanchard  
Mr. & Mrs. Howard Boroughs  
Mr. & Mrs. Grosvenor Brown  
Dr. & Mrs. Ralph Busch  
Thomas Carr  
Mrs. LaVona Carter  
Dan Chapman  
Barbara Clifford  
Mr. & Mrs. Claude Coffman  
Mr. & Mrs. Todd Collart  
Mildred Colvard  
Mr. & Mrs. Jerry Connors  
Susan Cooper  
Alice Dubis  
Mrs. Berdean Eaton  
George Espinoza  
Mr. & Mrs. Warren Faue  
Mr. & Mrs. Hal Ferrie  
Mildred Fletcher  
Dr. & Mrs. Newton Friedman  
Mr. & Mrs. Hal Fulkerson  
Mr. & Mrs. Otto Geller  
Mrs. Ethel Gemmell  
Mr. & Mrs. Robert Gips  
Marjorie Golden  
Mrs. Trudy Goldstein  
Evelyn Grove  
Taisia Gutu  
Betty Harris  
John L. Harris  
Mr. & Mrs. Richard Hougardy  
Mr. & Mrs. Bruce Hunter  
Margaret Isbell  
Mrs. Marjorie James  
Loretta Jeffrey  
Doris Jones  
Mr. & Mrs. Greg Kenney  
Mr. & Mrs. Robert Kimber  
Mr. & Mrs. Bill Kirk

Andrew Kohr  
Janice Kuzemko  
Mr. & Mrs. Bill Landreth  
Gregory Lanigan  
Mrs. Sylvia Mack  
Gladys Manville  
Mrs. Bernice Marpel  
Dicie Marshall  
Mr. & Mrs. Jack Marshall  
Mrs. Dorothy McKenzie  
Faye McDonald  
Mr. & Mrs. Paul McQuaide  
Dorothy Menges  
Patricia Meredith  
Cookie Miley  
Mrs. Ruth Miller  
Mr. & Mrs. A.A. Milligan  
Marilyn Montague  
Mrs. Claudia Parker  
Ellen & Rick Pearson  
Betty Piester  
Mr. & Mrs. John Real  
Margery Ricards  
Arline Riland  
Mr. & Mrs. Martin Rooney  
Mr. & Mrs. Emery Seider  
Mrs. Ann Sessa  
David Silver  
Mr. & Mrs. Marion Smith  
Mary Stanley  
Mr. & Mrs. Robert Stapleton  
Marjorie Steinhouse  
Mrs. Leona Stephens  
Donald Stevens  
Dr. & Mrs. Michael Swarout  
Mr. & Mrs. Will Thompson  
Rev. Luther Tolo  
Virginia Trombley  
William Wakelee  
Mrs. Mary Jane Wallace  
Ann Wibbelmann  
Mrs. & Mrs. Richard Wibbelmann  
Mr. & Mrs. Earl Widney  
Mr. & Mrs. Ronald Willis  
Catherine Worden  
Mr. & Mrs. Seiji Yoshioka

**ORGANIZATIONS & BUSINESSES**  
1918 Club  
Amgen Foundation, Inc.  
The California Wellness Foundation  
Carrie Estelle Doheny Foundation  
Faria Family Foundation  
First United Methodist Church, Ventura  
PacifiCare Foundation  
Quick Printing Plus  
Sisters of the Holy Cross  
United Way of Los Angeles  
United Way of Ventura County  
University Club  
Ventura County Scottish Rite

**IN MEMORY OF...**  
Donald Abato, Our Son  
by Mr. & Mrs. Ed Abato  
Maria Chavez Adame  
by Angelica Adame  
Irene Barker  
by Jymmye Hitch  
Carol Basralian's Father  
by Mr. & Mrs. Seiji Yoshioka  
Irving Bubis  
by Dr. & Mrs. Robert Lefkowitz  
Clark, Roberta, Valerie & Jonathon  
by Mrs. Clark Richards  
Brownie Clark, My Brother  
by Walter Clark  
Frank Darby and Walter Domercq  
by Margaret Domercq  
Carol Ewens  
by Mrs. Meta Ewens  
Tom FitzGerald  
by Sally FitzGerald  
Thomas Foley  
by Mrs. Edythe Foley  
Jessie Fox  
by Dawn Fox  
Candy Harris  
by Lyle Harris

Oscar Lanford  
by Helen Yunker  
Sam Luizzi  
by Mr. & Mrs. Jim Egan  
Violet Ryder  
Rosemary Mancini  
by Mr. & Mrs. Donald Yokum  
My Brother, Marvin Mann  
by Trudy Goldstein  
Matthew McGann, My Grandson  
by Marcellina Smith  
Ellen Miller  
by Thomas Miller  
J. Paul Morgan and Melford Borne  
Harpster  
by Mr. & Mrs. Norm Weitzel  
Esther Brann Schorr  
by Carol Miura  
Hal Seymour  
by Mrs. Eva Seymour  
Mildred & Willard Smith  
by Mrs. Nancy Maxwell  
William Waldo, Ginny Camarillo's  
Father  
by Ginny & Bob Camarillo  
and Myrna Golden

**IN HONOR OF...**  
Dr. Scott Cormode, Our Grandson  
by Mr. & Mrs. Don Ewin  
Millie Darter  
by Edith Drennen  
Wayne Dugan  
by Mr. & Mrs. Les Vielbig  
Chuck & Jeanne Levasseur's Golden  
Wedding Anniversary  
by Mr. & Mrs. Raymond  
Ludwig  
Our Mothers, Susanna Blair  
and Lucille Cody  
by Mr. & Mrs. Loren Blair

**CAREGIVERS** is 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.

### GOLF TOURNEY – Continued from page 2

#### Special Thanks to Special People

...to the "Wearin' o' the Green" committee for making our golf tournament a spectacular success: Judy Frazier and Cecilia Macias, co-chairs; Norm Weitzel, Hon. Jack Tingstrom, Tommy Slater, Lisa LoVullo, Jack Collings, Dave Tipton, and Ron Ulreich.

...to the volunteers who made the tournament run smoothly: Angelica Adame, Chuck Brady, Martha Tovas, Julia Williams, and Jerry Torrence from State Farm Insurance; Kim Fertig and Bob Weber from Santa Barbara Bank & Trust; Norma Fulkerson, Dee Ambrosini, Keith York, Lynn Weitzel, Bryan Collings, Luther Tolo, Rod Brown, and Barbara Dugan.

First place trophy winners were:

A Flight: Scott Altimara, Gary Hitch, Bob Ridgeway, and Norm Weitzel

B Flight: Larry Bushey, Matt Faucett, Pat Forrester, and John Zaruka

Callaway Flight: Al Corse, Ted Corse, Tyler Corse, and Grant Olson



## Rummage Sale Help Needed!

A committee is forming to plan, organize, and staff the annual **CAREGIVERS** rummage sale. Can you help by providing a location, collecting and/or storing items, or helping to sort and price the goods? Or, would you hold a smaller sale at your residence and donate the profit to **CAREGIVERS**? Please call us at 652-0566 to let us know how you can help.

## CAREGIVERS Benefactors

(Gifts of \$1000 or more)

American Medical Response  
Amgen Foundation  
Archstone Foundation  
AT&T Wireless Services  
California Wellness Foundation  
Ginny & Bob Camarillo  
Carrie Estelle Doheny Founda-  
tion  
Chouinard Family Trust  
George Espinoza  
Faria Family Foundation  
GTE California, Inc.  
Livingston Memorial Foundation  
Pacific Bell  
PacifiCare Foundation  
Santa Barbara Bank & Trust  
Swift Memorial Health Care  
Foundation  
Trinity Lutheran Church  
United Way of Ventura County  
Les and Judy Vielbig  
Norm & Lynn Weitzel  
Vance, Thrift & Biller  
Wood-Claeysens Foundation

CAREGIVERS is very grateful for foundation grants totaling \$31,000 since January 1. This support is a fitting tribute to our volunteers, whose kind hearts and generosity of spirit make such a difference in the lives of their elderly friends.

Amgen Foundation: \$1,000  
California Wellness Foundation: \$10,000  
Carrie Estelle Doheny Foundation: \$5,000  
Faria Family Foundation: \$3,000  
Livingston Memorial Foundation: \$5,000  
PacifiCare Foundation: \$7,000

## For Your Information

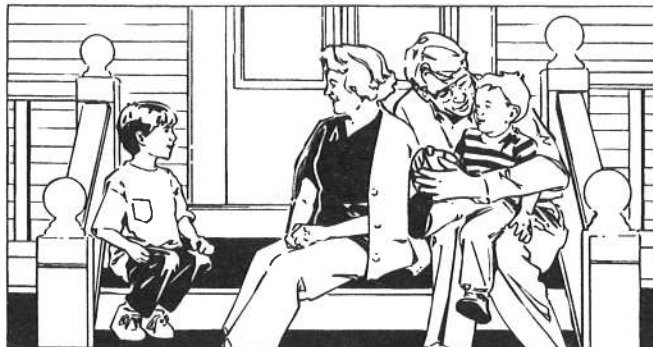
Caring for Elders, a support group, meets on the second Friday of the month from 1:30-3 p.m. in Conference Room 1 (ground floor) at St. John's Regional Medical Center, Oxnard.

Call 988-2782 for information.

### *SCHOLARSHIP – Continued from page 2*

I, too, was unsure and reluctant the first time I made my trip out to meet Russ. But a little skepticism and anxiety is a very small price to pay for the love and sincere appreciation you receive, the lessons that you learn and the precious relationships that you develop and cherish."

Rob will graduate from St. Bonaventure in June and has been accepted to Pomona College. We are so grateful for his participation in our program, and for the example he has set. We wish him well in what promises to be an outstanding future. We also thank Target Stores for recognizing Rob's generous community service.



### **Pain Resources:**

Chronic Pain Support Group – meets from 12–2 on the 2nd and 4th Fridays of the month at 1st United Methodist Church, 1338 E. Santa Clara St., Ventura. Free. Call DJ at 643-7760.

AMC Cancer Research Center- 1-800-525-3777

American Cancer Society 1-800-ACS-2345 or locally: 644-6656

City of Hope National Medical Center, Duarte, CA

Jonsson Comprehensive Cancer Center at UCLA, Los Angeles

Kenneth Norris Jr. Cancer Center at USC, Los Angeles

## Coming Events:

### Board Meetings

Thursdays 7:00 A.M.

June 18, July 16, August 16

CAREGIVERS Office

### Rummage Sale?

We need your help.

See inside, page 6

## CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

261 North Catalina Street

Ventura, CA 93001

Address Correction Requested.



CAREGIVERS' MISSION - To provide a reliable personal relationship between one volunteer and one elder in need of assistance. Without the kind of neighborly services we offer, frail elders may find themselves living in unfamiliar, impersonal institutions, with a debilitating sense of having lost both independence and dignity. CAREGIVERS, an interfaith effort, matches volunteers with elders who need non-medical assistance, thereby permitting many of them to remain in the familiar and cherished surroundings of their own homes longer than would otherwise be possible.

CAREGIVERS 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; Sisters of the Holy Cross; National Council of Jewish Women; First United Methodist Women; First Presbyterian Church, Santa Paula; and the Aid Association for Lutherans.

Board of Directors  
Norman T. Wetzels, Chairman  
Ginny Camarillo, Vice-Chairman  
S. Barbara Dugan, CSJ, Secretary  
Judith V. Frazier, Treasurer  
Roderick E. Brown  
Jesse Dunlap  
Norma Fulkerson  
Cecilia Macias  
Lyhan Pressel  
Hon. Jack Tingstrom  
David Tipton  
Keith York



Advisory Board  
S. Marilyn Binder, CSJ  
Wayne Dugan  
Hon. Susan Lacey  
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 Olivares,  
Santa Paula Program Director  
Ellen Pearson,  
Administrative Assistant  
Laine Waggoner,  
Newsleter Editor  
Jim Barker,  
Newsleter Designer

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