



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Spring 1999

Volume 16, Number 2

FITNESS for HEALTH

by Laine Waggoner, MA

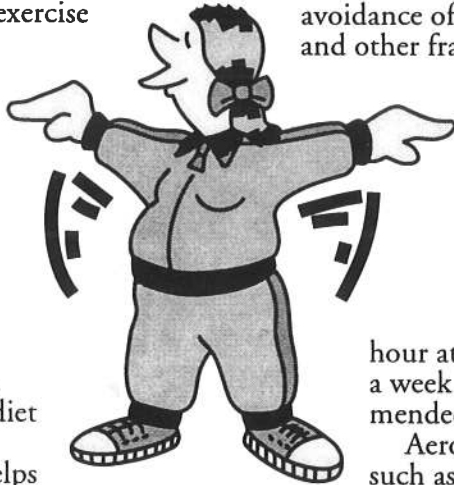
Fitness experts say that our muscles are meant to be used regularly and that it is never too late to start an exercise program. As a senior, I am always trying to fit more aerobic exercise into my schedule, because I feel so invigorated after just a 20-minute workout, walk or swim.

Regular exercise, along with proper diet and other positive lifestyle changes, helps to reduce stress, depression and obesity. It benefits the heart and lungs and delays the progress of arthritis and other

challenges of aging.

Doctors agree that among the benefits of weight-bearing exercise is the possible avoidance of broken hips and other fractures caused by osteoporosis ("brittle bone disease"). Moderate exercise for 20-30 minutes every day or an hour at least four days a week is often recommended.

Aerobic exercises such as walking, running, bicycling, swimming and dancing are some of the most efficient activities for improving physical fitness. But,



nonaerobic exercises such as calisthenics, weight lifting, tennis and golf are also good for maintaining muscle tone and flexibility.

It is not inevitable for us to lose muscle tone as we age. We can maintain it, even increase it. There are many chair exercises for people who must sit while working out. Two days of weight work a week to strengthen the upper body can build your total muscle mass and give you the tone of a much younger person.

Exercise also helps people to live with the chronic pain of both rheumatoid arthritis and osteoarthritis. Several studies have shown that exercise raises the threshold at which people notice something that hurts. Even a single exercise session had an effect.

Known as "exercise-induced analgesia," it is believed that

Continued on page 5

Senior of the Year—Volunteer Dorothy Schupback

by Carol Basralian

We are proud to have Dorothy Schupback as a CAREGIVERS volunteer. Because of her unselfish devotion to the plight of the elderly, she has recently been voted "Senior of the Year" by the Senior Coordinating Council of Ventura County.

Dorothy started volunteering with us on January 7, 1986. When she was interviewed, she said she would commit to serve "6 months." Well, she has surely fulfilled that promise and more—after more than 13 years.

Dorothy's contributions to our program have been very diverse, including light housekeeping, running errands, transporting seniors to doctors and shopping. Dorothy has helped navigate many other seniors through their Medicare snafus, MediCal insurance problems and general book-keeping work.

Since January 1995, Dorothy has been reading all of the mail for a visually-challenged man about



twice a month. She makes sure all of his bills are paid so that he may continue living in his own home without the fear that the utilities will be shut off for nonpayment.

In addition to serving CAREGIVERS, she has been a member of A.A.R.P., Laubach Literacy, volunteered at senior centers, senior employment, was past secretary of the Senior Coordinating Council and past secretary

of the Area Agency on Aging advisory council.

Besides working tirelessly for the elderly, she has also devoted her life to her furry friends, namely the Scotch terrier breed of dog through the Humane Society. Her home has always been full of happy four-legged friends.

Always modest, Dorothy never thinks she does that much for anyone. She offhandedly remarks, "I just keep busy!" We wish her the best of luck and good health as she goes about this county quietly doing her good works.

Golf Tournament Raises \$18,000!

In spite of being rained out on March 15, this year's "Wearin' o' the Green" golf tournament was a great success when it finally happened on the 22nd. Because of wonderful support from businesses, organizations, and individuals, the net profit to CAREGIVERS was more than \$18,000.

We are grateful to our title sponsor, AT&T Wireless Services, and to our co-sponsors: Santa Barbara Bank & Trust, Beazer Homes Southern California, American Medical Response, Pacific Bell and E.J. Harrison & Sons, Inc.



(photo by Carol Basralian) Tournament directors Judy Frazier and Tommy Slater accept plaque on behalf of co-sponsor Santa Barbara Bank & Trust.

Deserving of special mention are Charles Carroll Mortuaries, Mazda North American Operations, Custom Awards and

Engraving and The Image Source. We also appreciate our tee sponsors, prize donors and golfers, whose participation contributed to the success of this event. A list of sponsors appears on page 5.

Special thanks go to the cheerful volunteers who were on duty at 6 a.m. and

made us look organized: Dee Ambrosini, Carol Basralian, Bryan Collings, Jesse Dunlap, Birgit Johnson, Tina Killion,

Donna Kimber, Jerry Mikuls, Ellen Pearson, Keith York, Mary Yoshioka, Andrew Tipton, Ben Tipton, James Tipton, Susie Tipton; and State Farm employees Chuck Brady, Greg Jamroz, Mike Nemec, Kevin Smith, Jerry Torrence and Martha Tovias.



(photo by Birgit Johnson, The Image Source) The SYS team—(l-r) George Thompson, Bill Wilund, Larry Moe and Dave Fucito—took 2nd place in the 'A' Flight.

Thanks to the golfers who participated in the 1999 "Wearin' o' the Green" Tournament:

Marty Anderson
Dan Anderson
K. Arnold
Mike Bacon
David Baker
Richard Ballard
Ed Batman
John Bauman
Jim Boatner
Penny Bohannon
Harry Bottle
Walter Boysiewick
Patti Brandenburg
Bob Brenner
David Buffington
Chet Burchinal
Jeff Burgh
Mark Burroughs
Maribeth Butler
Mario Caballero
Dennis Caplan
Tony Carabajal
Michael Carney
Keith Carter
Frank Cavola
Joe Chow
Ed Chow
Rick Clark
Jack Collings
Gary Coltrin
Dave Conway
Robert Cooper Jr
Robert Cooper Sr
Ted Corse
Alvin Corse
Kevin Corse
Tyler Corse



(photo by Carol Basralian) AT&T Wireless Services' Cheryl Hoidal receives appreciation plaque at luncheon at the Wedgewood Banquet Center.

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Marty de los Cobos
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John Everlove
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Cheryl Hoidal
Cliff Hyink
Andy Killion
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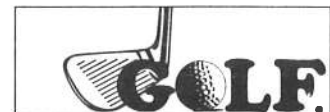
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Bob Winderoff
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Ted Youman
Dan Young
Ramon Zalamea
Dennis Zalamea
John Zaruka
Billy Zaruka



(photo by Carol Basralian) First place, 'A' Flight winners were (l-r) Dan Anderson, Billy Zaruka and Matt Faussett. Not pictured is John Zaruka.



Executive Director's Message



Pat Meredith

As this fiscal year comes to a close, it's time once again for counting our many blessings at CAREGIVERS, from our volunteers who provide such a great service to the community, to all who generously support this program financially.

One group of volunteers that deserves special mention is our board of directors. These are the dedicated people who take the responsibility for *governance* of the program: making policy, articulating and sustaining our mission and envisioning and planning for the future. I thank all of them for the many ways that they assist this program.

Our outgoing chairman of the board is Norm Weitzel. Vice-chair is Ginny Camarillo, Sr. Barbara Dugan is secretary and Keith York is treasurer. The remaining hard-working members include Rod Brown, Jesse Dunlap, Judy Frazier, Norma Fulkerson, Cecilia Macias, Ernie Melonas, Lylia Pressel, Councilman Jack Tingstrom and Dave Tipton. New board members recently seated are Lisa LoVullo and Andy Killion.

Norm Weitzel especially deserves recognition for

Beth Cannon—Our New Administrative Assistant

Beth Cannon is our new administrative assistant in the Ventura office, replacing Ellen Pearson, who has taken the position of secretary at First United Methodist Church. We wish Ellen well in her new position and we welcome Beth to the CAREGIVERS family.

Beth has a real concern for the elderly and is sensitive to their needs, as she was partially raised



by her great-grandmother. Beth loves to entertain as a singer-guitarist and is working very hard toward her goal of becoming a successful recording artist. She hopes to share her first full-length CD with the world before the new millennium arrives. Beth has three daughters, ages 12, 10 and 8, and she encourages them to enjoy a life filled with music and art.

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his leadership and generosity. Norm's determination and willingness to go the extra mile (or two or three) are largely responsible for the wonderful success of our golf tournament. Indeed, our whole organization has come a long way during Norm's tenure as chairman. On behalf of the board, staff, clients and volunteers—"Thanks for a great job, Norm!"

YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (January - April, 1999)

Marilyn Adams
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Trinity Lutheran Church
United Way of Ventura County
Ventura County Star

IN HONOR OF...
Elsa Chianese
By Mrs. Marcella Hoffman
Wayne & Martha Dugan
By Mr. & Mrs. Leslie Vielbig
Bertie Gaertner
By Nanci Masulis
Jerry Thomas
By Edith Drennen

IN MEMORY OF...
Catherine Abrams
By Miss Carolyn Newman
Sister M. Anthony, CSC
By Caroline Reimbold
Sam Colangelo
By Mrs. Linda Dillon
George Courser
By Mr. & Mrs. Norm Weitzel

Frank Darby & Walter Domercq, my two deceased husbands
By Margaret Domercq
Rose Ella Dysart
By Mr. & Mrs. George Albers
Mary Holderby
Alene Dysart
Mr. & Mrs. Bruce Wigton
Mr. & Mrs. Gary Dysart
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By Ms. Kay Johnson Peterson
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By Roxie Graves
My Husband, John H. Marks
By Mrs. Ramona Marks
Ellen Miller
By Thomas Miller
Joey A. Obiols
By Ms. Mary L. Hoffman
My Mother
By Ms. Bernice E. Marpel
Dorothy Schiernbeck
By Mr. & Mrs. William Kirk
Mr. William Selby
By Ms. Helen T. Collins
Julie Weston
By Mr. & Mrs. Ben Peterson

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. Every gift will be promptly acknowledged. All donations are tax-deductible. Please make checks payable to CAREGIVERS. Call us at 658-8530 for more details.

CAREGIVERS Benefactors
(Gifts of \$1,000 or more), donated during the past year

American Medical Response
Amgen Foundation
Archstone Foundation
AT&T Wireless Services
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California Wellness Foundation
Carrie Estelle Doheny Foundation
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YLI Conference attendees



Santa Paula Office Has New Home

Our new address in Santa Paula is 940 East Main Street, in the Santa Paula Family Resource Center.

The Resource Center is a program of Interface: Children, Family Services, and we are very grateful to **Chuck Watson**, president of Interface, and **Martin Hernandez**, director of the Center, for making space available to us.

Cecilia Ollivares, our Santa Paula program director, is in the office on Monday, Wednesday and Thursday from 9:00 a.m. until noon. Call her at 525-5006 if you can volunteer or if you know of someone who needs help.

Foundation Grants

We are very grateful for these gifts recently received:

Carrie Estelle Doheny Foundation: \$7,500

Amgen Foundation: \$2,000

Livingston Memorial Foundation: \$2,000

Please thank the following organizations, businesses, and individuals for supporting our golf tournament:

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 Ventura Suburban Kiwanis
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Special Thanks to Special People

To those who helped out in our booth at the Block Party: Carol Basralian, Jesse Dunlap, Cecilia Macias, Ernie Melonas, Jerry Mikuls, Norm & Lynn Weitzel and Keith York.

To mailing volunteers Dee Ambrosini, Susan Cooper, Bill De Nicholas, Deloris Patrie and Mary Yoshioka.

To Jim Boatner for moving our Santa Paula equipment to our new office.

Storage Space Needed

Because we recently moved into much smaller quarters, we need a place to store some items we use only occasionally. Do you have an unused closet in your office, or a corner in your garage where we could store a few boxes? If you can help, please call us at 658-8530.

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

We Need Volunteers!

If you can give three or four hours a week to help an elderly person, please call Carol at 658-8530; or Cecilia in Santa Paula at 525-5006.

continue drinking even after your thirst is quenched—about 8 ounces every 20 minutes.

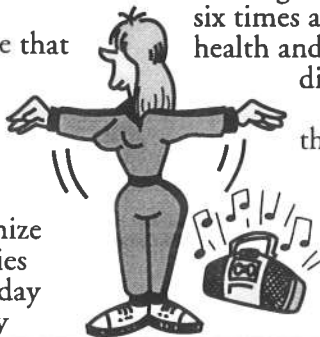
Workouts must be tailored to your individual needs, so check with your health care provider before starting a new exercise program.

Keep healthy.

FITNESS—Continued from page 1

exercise releases an increase in endorphins, the body's natural painkillers. In addition, it may be true that exercise strengthens tissue that protects the joints.

Fitness experts at the Centers for Disease Control recognize that a variety of activities during the course of a day can add up to a healthy



dose of exercise. A half-hour of moderate activity—gardening, walking, cleaning—done five or six times a week will boost heart health and reduce your risk of disease.

Exercise experts agree that it is important to drink plenty of water when you exercise, even if you don't feel thirsty. Start drinking water even before you start working out and

Coming Events:

Board Meetings
 Thursdays 7:00 A.M.
 June 17, July 15, Aug. 19
 CAREGIVERS Office

Lincoln Mayorga Returns!
 Piano Concert
 Sunday, Sept. 26
 Save the Date



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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 neighborhoodly 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, Ventura; First Presbyterian Church, Santa Paula; and the Aid Association for Lutherans.

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