



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Spring 2003

Volume 20, Number 1

Eleventh Annual "Wearin' o' the Green" Golf Tournament Raises \$30,000 Net

Golfers battled high winds on Monday, March 17, to support CAREGIVERS' 11th Annual "Wearin' o' the Green" Golf Tournament at the beautiful Spanish Hills Golf and Country Club. In spite of a rainy weekend prior to the tournament, Saint Patrick's Day turned out to be a beautiful, sunny day. The wind was a challenge, but everyone was grateful that it didn't rain. **Mike Reynolds** took time out from his busy schedule to give the golfers a great send-off with his bagpipes. A fun day of golfing followed, with contests, prizes and delicious food. **Krispy Kreme** donated their delicious donuts for the morning coffee and **In-N-Out Burger** donated the hamburgers for lunch—a real treat for everyone! **Steve Thomas BMW** added excitement to the day by providing a Z-4 sports car for the hole-in-one prize. The day of golfing was fol-

lowed by a traditional Irish buffet dinner and a live auction, run by professional auctioneer, **Ozzie Osborn**. Dozens of prizes, donated by local businesses, were given away in the prize drawings which took place throughout the day and evening.

Our heartfelt thanks go to our generous Title Sponsors: **MediTech Health Services, Metro-Med Inc., Wells Fargo**; and our Major Sponsors: **Santa Barbara Bank and Trust; Avenue TV Cable; CB Richard Ellis; Cardiology Associates/Siegfried Storz, M.D.; Sharky's Woodfired Mexican Grill; Charles and Blake Wade**. A very special "thank you" also to Ven-



Monroe Washington

tura Printing, our program sponsor, for providing a first-class program booklet for the second year. Our sincere thanks to our tee sponsors, ad sponsors, contributors and to all of the generous individuals, businesses, organizations and corporations who donated prizes for the auction, prize giveaways and golfer bag gifts. They are listed on page 5. Please show your appreciation by

frequenting their businesses.

A very special "thank you" to **The Dave and Bob Show at KVTA 1520** for running a contest for two complimentary playing spots at the event and for all of the public-

continued on page 2

Ethical Wills – A Window to Your Soul

At a recent meeting, I was introduced to "Ethical Wills." While we hear frequently that we need to create a will or trust to distribute our material things after we are gone, an ethical will is a personal message from a parent, grandparent, or other mentor, to survivors who are of great significance to the writer. Not legally binding, ethical wills include no lists of assets. Rather, they contain the writer's most important assets: values and wisdom which the writer wishes to leave as a legacy to his or her survivors.

In some instances, the writing process causes the drafter to examine what the drafter has learned over a lifetime. Hopefully the drafter faces failures and successes realistically and comes to terms with what

really matters.

Many ethical wills remind loved ones to continue being family. From what I have read so far, this is a document developed greatly in the Jewish culture, many to document experience of the Holocaust. These are very powerful letters. But to be significant, these letters need not be of such magnitude. "If we don't tell our children our stories and the stories of those from whom we come, no one ever will. The stories will disappear and our children will be deprived." (An uncle wrote a memory book of his life and helped me to understand my father who kept his memories buried. I appreciate his brother's gift of words to me, in addition to writing this for his children.)

Some authors deliver their ethical

wills while they are alive; children are often surprised to learn about what is important to their parents. By discussing these letters, there is the opportunity to transmit values directly, especially when they realize that things they think they have told their children were never effectively communicated. Sharing the letters allows the family to have meaningful dialogue about values. The experience can bring the family closer together.

Ethical wills come in all shapes and sizes, and address any number of issues. Whether delivered during life or after, they can be highly effective tools for meaningful communication. If you have the desire to reach

Continued on page 4

ity they gave to our tournament on their radio show over several weeks.

This event would not be possible without our hardworking Golf Tournament Committee who spent many months planning and implementing this event. Heartfelt “thank yous” to our co-chairs, **Sam Martinez** (also our Master of Ceremonies for the evening) and **Cie Macias**, and to committee members **GINNY Camarillo**, **Glenda Cardona**, **Matt Chow**, **Leslie Fair**, **Lynn McWaters**, **Jay Midgley**, **Judy Remley**, **Michael Shanahan**, **Jack Tingstrom**, **S. Blake Wade** and **Norm Weitzel**.

A grateful “thank you” to all of the volunteers who came out to the tournament to help make it a very successful day. It could not be done without them. They are: **Emma Covarrubias**, **Sister Barbara Dugan**, **Jesse Dunlap**, **Mark Eaton**, **Jennifer Gilman**, **Greg Jamroz**, **Andy and Tina Killion**, **Tom Leese**, **Anita Lemos**, **Bob McGuire**, **Pat Meredith**, **Jerry Mikuls**, **Mike Nemece**, **Eric Reynolds**, **Alexis Tiradeau**, **Leslie Vega**, **Joe Vick** and **Keith York**.

Additionally, our thanks to auctioneer **Ozzie Osborn** who so generously donated his time and expertise, **Mike Reynolds** (bagpipes), **Carl Mandac** for spending the day taking the photographs (Carl is a student at the Brooks Institute of Photography), **Jack Collings**



Michael Reynolds – A stirring St. Patrick’s Day send-off



2nd Place - B Flight – (l-r) Joe Moran, Mary Beth Butler, Gary Nasalroad, Bob Westervelt; presented awards by Golf Co-Chair, Cie Macias




Z-4 Sports car donated by Steve Thomas BMW for the hole-in-one prize

From left to right: Board member, Judy Remley; Board Chair, Ginny Camarillo; Executive Director, Barbara Weinberg

for his help with the golfer shirts and our thanks to our youngest volunteer, 11 year-old **Bennett Collings**.

Finally, a hearty “thank you” to all of the golfers who came out to make this event another great success.

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A Grand Time to Remember

The Board of Directors of CAREGIVERS has taken up the challenge of raising \$50,000 during the months of May and June by implementing a Mother's and Father's Day Fundraising Campaign to help CAREGIVERS meet its budget by June 30, 2003.

Our Board is delighted to announce a very generous first gift in this campaign of \$25,000 from Wells Fargo. A CAREGIVERS' Campaign Committee has been put together to involve our community in raising a matching \$25,000. Our Board of Directors has pledged an aggregate of personal gifts in the amount of \$5,000 towards this match. We are asking all of our supporters to help us in this effort to reach our goal.

As Mother's and Father's Days approach, many of us may reflect on the blessings that we have received from our parents or other loved ones. A very meaningful and unique way to show your appreciation and to honor your loved ones is by making a gift to CAREGIVERS in their name. If your loved ones have passed away, a gift can be made in their memory. By making such a gift, you will not only be honoring or memorializing your loved ones, but you will be making a truly significant, positive impact on the lives of hundreds of frail, homebound elders in our own community.

High school student volunteers in our "Building Bridges" intergenerational program have joined our committee and have already begun raising funds for this campaign. Our young volunteers are so enthusiastic about this cause. Their work with frail elders through CAREGIVERS has given them the understanding of the great need that exists for free services for our frail, elderly population.

Please join in our campaign by sending in your tribute today. You will receive a written acknowledgement of your gift. An acknowledgement will also be sent to your loved one or to the family of a loved one that has passed away. You and your loved ones will be recognized in our next quarterly newsletter. Thank you for your support.

Shop 'til you drop, Shopping Buddies!

by Carol Boatner

Mary Kay Kaufman noticed our plea for volunteers in her weekly church bulletin and decided that she certainly had time to help a senior once a week. She has been one of our faithful CAREGIVERS' volunteers for over three-and-a-half years. Mary Kay hails from Milwaukee, Wisconsin and moved to California in 1997. Her husband, Josh, was offered a job with a local software company that he happily accepted. They both fell in love with our wonderful Mediterranean climate and decided to stay. Mary Kay and Josh have four boys and four delightful grandchildren. She admits to being a "people" person and really loves to visit seniors. As a CAREGIVERS' volunteer, she ably assisted a homebound elder for over two years until that senior had to be placed in an assisted living facility. They have remained friends and she is still in contact with her, but Mary Kay expressed a desire to meet another homebound elder in need. We gladly gave her Mary Warnes' telephone number and thus began their mutual admiration society!

Mary Warnes was born in Calgary, Canada on February 17, 1915. She was the youngest of seven children. She heartily laughs when we ask her, "How did you meet your husband?" Mary says, "I was working in a shoe store and I sold him a pair of shoes." Bill and Mary married soon after that meeting and had a son, Dean and a daughter, Donna. Her husband worked for the Rupert Fish Company in Canada and when they relocated the company office to Los Angeles, Mary and Bill followed. They were married for forty-seven years



until Bill passed away in 1977. Mary has had many physical problems that have been overcome by her tenacity. She has had brain surgery, a kidney removed, cancer, and two hip replacements. She also has arthritis and needs help in making the bed and going to the stores. Mary Kay chimes in, "Her ATTITUDE is the thing that keeps her going. She is an amazing woman and the brightest spot in my entire week!" When asked what they did together as a team, both faces glowed. "We just make each other LAUGH," says Mary Kay. "There isn't a store we have not been into. We shop in the 99 cents Store, Michael's Crafts, Green Thumb and all of the thrift shops downtown. As a necessity, we also frequent the mundane grocery stores and sit in various doctors' offices."

Mary is an accomplished tole painter. Her works of art are everywhere in her apartment that radiates in a magnificent sea of color. She works on birdhouses, old

Continued on page 6

out and touch someone, perhaps someone (like a great-grandchild) who won't be here during your lifetime, then writing an ethical will may be for you!

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- If you have a story, sentiment, ethic, kernel of truth, guidance you feel is worth preserving, it is a suitable topic.
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- Understand it is not a legal document, but a way of linking past and present through wisdom and love.
- Do not wait. Take note of Princess Diana's tragic death; we never know when our end is near.
- Instruct so that your values live on.

Ideas for introductory sentences:

- These were the formative years...
- This is the world I came from...
- These are the important lessons I learned...
- These are the people who have influenced me the most...
- I am leaving you this favorite possession because...
- These are some people and causes that are important to me...
- These are the scriptural passages that have meant

the most to me...

- This is how I feel as I look back on my life...
- These are the mistakes I regret having made...
- I would like to ask your forgiveness...
- I forgive you for...
- I want you to know how grateful I am...
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Excerpted from RSUP News, Oxnard

"Building Bridges" – Intergenerational Program Youth in the Spotlight

by Marion Holzwarth, Youth Coordinator

Saint Bonaventure High School's 11th grade team of volunteers consists of three juniors: Sara Mouser, Cody Phillips and Marla Pontrelli. What a dynamic threesome they are! Always beginning their afternoon duties with laughter and excitement.

One of our clients remembers the joy she felt hearing the laughter and singing of the students when they were working in her yard. She has begun purchasing plants and potting soil because she wants them to come back.



Marla Pontrelli, Rachel Pleis and Sara Mouser



Mr. Jim Love and Cody Phillips

"They sound much more pleasing to me than the usual TV and radio noise," she said.

Sara, Cody and Marla have been with our program since its inception in January, 2002. They have proven themselves to be exuberant, thoughtful and caring. They are shown here working with our wonderful student volunteer, Rachel Pleiss, President of the Interact Club at Saint Bonaventure High School.

"Wearin' o' the Green" Golf Tournament – Tee Sponsors, Contributors and Donors

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"Building Bridges" Intergenerational Program Expands to Buena High School

In March, 2003, CAREGIVERS' "Building Bridges" program began at Buena High School. Director of Volunteers, **Carol Boatner**, Youth Coordinator, **Marion Holzwarth** and student volunteer, **Leslie Vega** (St. Bonaventure High School) conducted a training session, "Walk in the Shoes of the Elderly" for 16 Buena High School Interact Club students.

The students participated in several activities to heighten their awareness of the difficulties faced by the frail elderly every day, such as:

Discerning which mail is junk and which is important, a difficult task when struggling with limited eyesight. *Vaseline was smeared on a pair of eye glasses and each student was asked to put them on and go through the mail to determine which was which.*

Completing daily chores while using a walker, a cane or a wheelchair. *Two rulers and duct tape were used to keep students' knees immobile. Each student was then asked to pick up a wallet from the floor.*

Walking when you have poor circulation and/or swelling of the ankles. *Balls of aluminum foil were placed in the students' shoes and they had to try walk around.*

Picking up items when your fingers are numb. *Cotton balls were stuffed into the fingers of a glove. Students had to put the glove on and try to pick up several small items from the table.*



Alex Jenkins attempts to read mail with vaseline-smeared glasses as Alice Walsh looks on.

"Our students want to volunteer and to give back to the community" said Charles Yuncker, Career Center Coordinator and Interact Club Moderator at Buena High School. "They already tutor and visit a convalescent home. Now they are willing to help the frail elderly in their own homes."

We are so delighted that the Buena High School Interact students have joined our "Building Bridges" program and we thank them for their concern about the elderly, their compassion and their generous volunteerism.

out and touch someone, perhaps someone (like a great-grandchild) who won't be here during your lifetime, then writing an ethical will may be for you!

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Executive Director's Message

by Barbara Weinberg

In the midst of the horrors of war and fears of terrorism, maybe all of us can more deeply appreciate the blessings that we do have and be grateful for the small, but important things in life. For me, that is being able to have a hot cup of coffee when I want one. Or to take a nice, hot shower and all of the other comforts of home that we often take for granted. Perhaps we can extrapolate these feelings to better understand how difficult life is for so many of our frail, elderly who are no longer able to live as comfortably as they did when they were younger. Those served by CAREGIVERS can no longer drive. They are too frail to take public transportation so that they can't get to their medical appointments or to the grocery store for food. Because so many have no family or friends close by to help them, and cannot afford to pay for help, they become completely isolated from the community. But, every day, at CAREGIVERS, we see the amazing improvements in the lives of frail elders, because of the compassion and concern of caring volunteers who make the commitment to visit

a frail elder once a week to help them. More than 200 people in our community volunteer their time for CAREGIVERS. That's a very large number of individuals for one small non-profit agency.... But, we still need many more volunteers to be able to fulfill the requests we receive, each day, from homebound, frail elders desperate for some assistance. Our volunteers tell us that they receive more rewards from helping another, than the person they have helped. Our high school students feel the same way. These young volunteers in our "Building Bridges" inter-generational program continue to inspire us. We are amazed at their insights, maturity and sensitivity to the problems of the elderly. I believe that many of them will be the future leaders in our community. To sum up, although this is a very difficult and depressing time globally, to work at CAREGIVERS is an uplifting experience where the goodness and kindness of human beings is apparent, every day. To all of you who support our program, thank you so very much.

SHOPPING BUDDIES – Continued from page 3

lunch pails, trays, chests and tables virtually turning them into a feast for the eyes. She gives most of them away as presents.

Mary says, "CAREGIVERS is so wonderful and Mary Kay is a joy to me! Your organization is priceless. We need more volunteers to come forward like Mary Kay, because being housebound is no joke." Mary Kay replies, "I get so much more out of volunteering than I ever give. It is the simple pleasure of sharing yourself with another person. I find seniors' histories very interesting and wonderful, and every day we share thoughts on politics and the problems of living in today's society. But the most fun we have is our grand shopping trips."

What a tribute to age! Eighty-eight and still doing great! Again, we are reminded that age is just a number and attitude is everything. If you have the fortitude and fight to stay in the present like Mary Warnes, life can still be a challenging adventure.

Drivers Needed!!!

Help!!! We need volunteers who can transport seniors to their doctor and dentist appointments. This is one of their greatest needs. You will not be making a commitment for a regular one-on-one "match" with a senior, but rather driving will be on an "as-needed" basis. For more information, please call Carol or Marion at (805) 658-8530. Thank you.

Three-Year, \$60,000 Grant to CAREGIVERS

We would like to express our heartfelt thanks to **The California Wellness Foundation** for awarding \$60,000 to be used over three years to support our programs for frail, homebound elders. The foundation was created in 1992 as an independent, private foundation. The California Wellness Foundation's mission is to improve the health of the people of California by making grants for health promotion, wellness education and disease prevention programs.

\$10,000 Contribution to CAREGIVERS

Our deep appreciation to **Affinity Bank** for its generous contribution of \$10,000 in support of our work with frail elders. We are so grateful for this continued support.

CAREGIVERS Receives \$30,000 from Wells Fargo

We are most grateful to **Wells Fargo** and the Wells Fargo Foundation for so generously contributing \$30,000 to help us to continue to provide in-home support and transportation for homebound, frail elders.

**Your Donations Make it Possible for us to Give a Helping Hand to Those Who Need it.
Thank You! (December 2002 – April 2003)**

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VEHICLE DONATIONS

Sarah Kenney

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.

Our deepest thanks to all of the Foundations that make our work possible.

Archstone Foundation
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Carrie Estelle Doheny Foundation
City of Ventura, Community Partnerships
Granting Program
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Assisted Living
Aegis
of Ventura

Lisa Ross
Marketing Director

4964 Telegraph Road Ventura CA 93003
805.650.1114 fax 805.650.6283
lisa.ross@aegisal.com www.aegisal.com

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

Coming Events:

**CAREGIVERS
Board Meetings**
Fourth Thursday of each
month 7:30 a.m.



Second Annual Sailathon
Sunday, September 28, 2003

**"A Grand Time to
Remember"**
Mother's Day/Father's Day
Fundraising Campaign
May 1 to June 30, 2003

CAREGIVERS VOLUNTEERS ASSISTING THE ELDERLY

1765 Goodyear Avenue, Suite 205
Ventura, CA 93003-8015
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CAREGIVERS' MISSION – To promote the health, well-being, dignity and independence of frail, home-bound elders through one-on-one relationships with trusted volunteers.

CAREGIVERS was founded by the Sisters of St. Joseph of Carondelet in collaboration with 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; Ventura County Church of Religious Science; and the Aid Association for Lutherans.

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