



# CAREGIVERS

## VOLUNTEERS ASSISTING THE ELDERLY

Spring 2004

Volume 21, Number 1

### \$23,000 Raised by Golf Tournament

By Carole Cascio, Event Coordinator

**G**olfers reveled as they played under warm sunny skies on Monday, March 8<sup>th</sup>, to support CAREGIVERS 12<sup>th</sup> Annual "Wearin' o' the Green" Golf Tournament at the beautiful Spanish Hills Golf and Country Club. After battling the cold, high winds the previous year, there were no complaints to speak of when warm wind gusts challenged the players from time to time. Once again Mike Reynolds with his bag-pipes took time off from his busy schedule to give the golfers a grand send-off. A fun, golf-filled day followed, with contests, prizes and delicious food. Krispy Kreme and Sam Martinez, donated donuts for the morning coffee and In-N-Out Burger donated great hamburgers for lunch. This was truly a treat for everyone! Bunnin Auto Group/Cars101 and Steve Thomas BMW each added extra excitement to the day by providing a 2004 Pontiac Vibe for a hole-in-one prize on hole 6 and a BMW X3 for a hole-in-one prize



Jay and Jean Midgley, major sponsors and tournament committee members, accepting their recognition plaque. Jay is also on the Board of Directors at CAREGIVERS.

on hole 11. The day of golfing was followed by a traditional Irish buffet dinner and a live auction conducted by professional auctioneer, John Carson. Dozens of prizes donated by local businesses were given away in daytime and evening prize drawings.

Our heartfelt thanks go to our generous Major Sponsors: Santa Barbara Bank & Trust; Bunnin

Auto Group / Cars101; Bob & Ginny Camarillo; Community

Memorial Hospital; In-N-Out Burger; Metro-Med., Inc.; Mid-State Bank & Trust; Jay & Jean Midgley; Sheeler Moving and Storage; and Steve Thomas BMW. A very special "thank you" goes to Ventura Printing, our program sponsor, for providing a beautiful first-class program booklet for the third year. Our most sincere thanks to our tee sponsors, ad sponsors, contributors and all of the generous individuals, businesses, organizations and corporations who donated prizes for the auction, prize give-aways and golf bag gifts. They are listed on page 3. Please show your appreciation by frequenting their businesses and mentioning a thank you for their support of CAREGIVERS.

We also have a special "thank

*Continued on page 2*

### The Treasures of Youth and the Joy that they Bring

By Carol Boatner, Director of Volunteers

**A**bout a month ago, I had the great pleasure of meeting Marianne who previously wrote for many magazines and newspapers before she became too ill to work. Marianne has Post Polio Syndrome and many other physical problems brought on by her recent fall that has confined her to her bed. Up until 2 years ago, she had been lovingly taking care of her 94-year-old mother, Isabel, who is also confined to bed suffering

from Alzheimer's disease and arthritis. Presently, Marianne is paying for a certified nursing assistant to take care of their personal care each day, but various household problems in and around the house also need to be taken care of. She asked if we could pick up prescriptions and shop if she ran out of food. I said, "Of course we could!" She also mentioned that her backyard needed a lot of work. In particular, her orange tree needed to be harvested as it was profuse with oranges that no one had picked

for a long time. When I returned to the office, I relayed this information to Marion Holzwarth, Youth Coordinator of our "Building Bridges" Program. "Perhaps some youth volunteers would like to do some yard work and take home some great oranges?" I said. She agreed and said that, just by chance, she had four volunteers who could go over and help the very next day. What happened next is the following inspiring story that Marianne wrote to us

*Continued on page 5*





*GOLF TOURNAMENT from page 1*

you” to The Dave & Bob Show on KVTA AM 1520 for publicizing the Golf Tournament on their morning radio show.

This event would not have been possible without our hardworking Golf Tournament Committee, all of whom spent many months planning and implementing this event. A heartfelt “thank you” to our co-chairs Cie Macias and Sam Martinez (once again our outstanding Master of Ceremonies for the evening) and to committee members Ginny Camarillo, Leslie Fair, Jean & Jay Midgley, Shane Morger, Judy & Skip Remley, Mel Sheeler, Judy Theile, Jack Tingstrom, Blake Wade, Norm Weitzel, Rae Whitney and Ron Willis.



*First Place winners from Bunnin Auto Group/Cars 101, Flight A (l-r) Billy Hernandez, Shane Morger, Brian Terp, John Hautman*

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 have been done without them. They are Jackie Barber, Sister Barbara Dugan, Mark Eaton, Corrine Garcia, Russ Havens, Pierce Hening, Tom Leese, Rosemarie Mandel, Liz Manning, Sara McFarlane, Jerry Mikuls, Nanci Masulis, Pat Meredith, Kelly Murphy, Cody Phillips, Rick Pfeiffer, Cathy Sheeler, Diana Swink, Ken Tougas, Carmen Velasquez, and Keith York.




*Cody Phillips (l) and Howard Boroughs*

Additionally, our thanks to auctioneer John Carson who was always generous with his time and expertise, Mike Reynolds (bagpipes), Barrett’s Photography who took photographs throughout the event, Shane Morger and Bunnin Auto Group/Cars101 for providing the tee shirts and Howard Boroughs for his testimonial and kind words about CAREGIVERS.

And 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

This is an exciting time for CAREGIVERS as we kick-off our Mother's and Father's Day Campaign. Added to the excitement of this special time, is the celebration of our 20th Anniversary! We wanted to make this milestone especially significant by recognizing and honoring, in more than one meaningful way, those who have been special in our lives while, at the same time, supporting our elderly in need.

As with last year, you can mail in a tribute for a loved one to be recognized in the CAREGIVERS Summer issue of our newsletter.

As a second choice, you can make a tribute of \$100 for one person or \$150 for a couple to have your name and the name of your loved one go into our bi-weekly Honorary Announcement, projected onto the 26 "Silver Screens" at both Century Theaters in Ventura. This announcement will be projected 3 times before each movie, 5 times a day per movie for 2 weeks, in all 26 theaters.

Your third choice, which will last "in perpetuity," will be our large walnut "Plaque of Honor and Remembrance" with brass plates to be inscribed with your name and the name(s) of your loved one. The plaque(s) will be displayed on an easel at our sponsoring banks throughout the years, starting with Wells Fargo Bank. This will be a tribute of \$500 for a single-size brass plate or \$1,000 for a double-size brass plate (and up).

CAREGIVERS will notify your loved ones or their families of your gift in their name. For more information please call the CAREGIVERS office at (805) 658-8530.

## Thank You to the Following Sponsors of The 12<sup>th</sup> Annual "Wearin' o' the Green" Golf Tournament

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## CAREGIVERS is a Proud Owner of a New Minivan!

By Marion Holzwarth

The Times Mirror Foundation, on behalf of the Los Angeles Times, has generously funded the purchase of a Pontiac "Montana" 8 passenger minivan to be used in the "Building Bridges" Intergenerational Program.

The minivan was purchased from Bunnin Auto Group and is used to transport our volunteer students to the homes of the frail homebound elderly whom we serve.



Adrianna Varela and Amanda Centeno from the freshman class at Buena High School enjoying their first outing in our minivan.



Brandon Brown, Devin Brown, Mathew Rohrbach, Nick Wilson and Spencer Bautista, five Bonaventure High School sophomores enjoying the comfortable seats in our new minivan.

The Building Bridges Intergenerational Program now has 100 students who have signed an interest card, and 76 of those students have gone out to visit a frail homebound elderly client of CAREGIVERS.

In May the Building Bridges program will be sponsoring the 3<sup>rd</sup> annual end of the school year Pizza Party bringing together students from three high schools: St. Bonaventure, Buena and Foothill Technology. The graduating seniors are asked to invite younger classmates to the pizza party in hopes that the younger classmates will get involved with our volunteer opportunities.



### Congratulations to Vanessa Velasquez!

Vanessa Velasquez, a senior class student at Foothill Technology High School in Ventura, is the proud recipient of the Soroptomist International Violet Richardson Award, Honoring Young Women for their Volunteer Action. The Soroptomist International-Ventura recognizes Vanessa's volunteer activities with CAREGIVERS. Vanessa's award is for \$400 and she has designated \$200.00 of her award to our agency.

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about her experience when four delightful teenagers came into her life. This is her story:

Picture this—

It was one of those days. Firmly planted on my virtual reality pity pot, I was in no mood to be cheered up. (I don't know what virtual reality means, but people talk like that nowadays.) Anyway, the only possibility of getting me to lighten up would have been to fix me up with a pair of legs that work, and while you were at it a bodacious figure and a face to die for. Just like I...um, almost used to have! And, oh yes, 50 years off the dossier.

Actually, I was in my usual position, sitting like a football on the edge of my bed, wondering what to think up for dinner. My mother has Alzheimer's and still has a healthy appetite most of the time. To top it all off, there was the supermarket strike, mad cow disease and a strange clucking in the higher registers of my voice. We were definitely eating too much chicken! So how to take arms against a sea of troubles when you can't get to your feet, let alone a beachhead. Like most septuagenarians who can still read, I check out the AARP publications to see if they have anything to offer the likes of me. The folks who are featured in these pages have lived right. They take cruises, ask questions about investing nest eggs the size of one of the smaller Alps, remodel their homes and install indoor hot tubs. For the rest of us, the editors labor mightily to find bits and pieces of information that might be helpful. But they're way too smart, I think, to believe there's any substantial help for the really hard cases, such as impoverishment as a result of trying to keep a loved one of advanced age and/or illness in their own home. Like my mother and I, many put their homes and their lives in hock to do this. And it's still not enough. That scares me a lot more than Saddam Hussein and Osama bin Laden put together!

Clearly, sleepless nights and demoralizing days do not a merry soul make. So when I saw an item in the AARP Bulletin headed "Faith in Action" I cut it out and eventually had the pleasure of meeting with Carol Boatner, Director of Volunteers for CAREGIVERS Volunteers Assisting the Elderly. While this amazing little group is not able to give the kind of sustained, daily care ours and many other households need, it does provide the heartwarming, direct person-to-person contact that people need. The day after I spoke with Carol was that day-in-the-dumps I described earlier. It's now mid-afternoon and the doorbell rings. An animated young woman followed by four high school age boys enter. They're CAREGIVERS volunteers, come to do the yard work we previously spoke about. ALL are smiling and, in fact, radiant. As they single-file into my small room, led by CAREGIVERS staffer,

### Requests from People with Alzheimer's Disease

*Please.....*

*Be patient with me. My disease is beyond my control.*

*Accept me the way I am. I still have something to offer you.*

*Talk with and listen to me. I can't always answer, but I do understand the tone of your voice.*

*Be kind to me. Your kindness may be the highlight of my day.*

*Don't hurry me. Each day I struggle to keep up and understand.*

*Consider my feelings. I am sensitive to shame, embarrassment, failure, fear and uncertainty.*

*Don't ignore me.*

*Treat me with dignity. I am not less of a person because I have Alzheimer's disease.*

*Remember my present. Let me do what I can do.*

*Remember my future. I need hope for tomorrow.*

*Pray for me. Your presence shows true compassion.*

Marion Holzwarth, each youngster comes up to me, shakes my hand and introduces himself. For a minute there, these kids had me feeling that I was the GIVER and they the recipients of some fabulous gift. In a way, I guess I was. Those faces weren't glowing on account of an imminent paycheck. That radiance was coming from more sublime depths; the youthful idealism we've all seen, believed in and sometimes even been amused by, and had forgotten somewhere on the way to "grownuphood." I've always been convinced of that idealism but we sometimes lose sight of this treasure that's right under our noses.

Thank goodness the band at CAREGIVERS and its musicians of volunteers, young and old, haven't forgotten. As for me, I get emotional about this experience every single day. And at night when I can't sleep, I find myself smiling, thinking of those young people as beautiful flowers newly-opened to the world. Understanding that CAREGIVERS always needs more volunteers, I can only hope that more will come forward to get their chance to work their own magic.

—A grateful Ventura Senior

**From all of us at CAREGIVERS, a heartfelt "thank you" to all of the following supporters of our vision— "Dignity For Life" (December 2003 through March 2004)**

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

**A special thanks to all of the Foundations that make our work possible**

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## **New Staff Member, Carole Cascio...**

**C**arole Cascio is the new Event Coordinator for CAREGIVERS. Carole spent the last 4 years organizing, planning, and coordinating various events for the Ojai Valley Land Conservancy, the Ojai Center for the Arts; the Ojai Playwright's Conference and the Music Festival of Ojai. We are looking forward to Carole's enthusiastic involvement with CAREGIVERS Mother's and Father's Day Remembrance Campaign, annual Golf Tournament and this fall, our 2004 Sailathon!

Carole is a graduate of the Cordon Bleu, a well-known and distinguished gourmet cooking school in Paris. She has an Associate Degree from Finch College in New York. Carole has one grown daughter, Susie, living in New York. Carole enjoys cats and dogs and currently she is assisting her neighbors with their horses and dogs, but her favorite activity is playing with her very own two Yorkshire terriers, Timmi and Pippi.

*Welcome Aboard!*

## **CAREGIVERS Welcomes New Board Member!**

**W**e are delighted to announce that Judy Thiele has joined the CAREGIVERS Board of Directors. Judy is the Vice President and Financial Services Manager for Mid-State Bank & Trust's county center office in Ventura. She has more than 25 years of local banking experience, most recently as Branch Manager for Santa Clara Valley Bank in Fillmore. A long time Ventura resident, Judy is an advisor to the Police Activities League of Ventura, Director for VCEDA, a member of Soroptimist International and former Vice President and Director of the Ventura Boys & Girls Club. In her spare time, Judy enjoys painting, gardening and traveling. Welcome Judy!

## **CAREGIVERS Welcomes New Advisory Board Members**

**W**e are delighted to welcome Monty W. Clark to our Advisory Board. Monty is Regional Vice President for the Healthcare Association of Southern California, a 200+ member health-related trade association. On March 8<sup>th</sup>, Monty enjoyed participating in our 12<sup>th</sup> Annual "Wearin' o' the Green" Golf Tournament. He has been a resident of Ventura County since 1979. He lives in Ventura with his wife, Marita and has two grown children, Kellen and David. He has served on many boards and helped many organizations, too numerous to mention. We are so fortunate that he has agreed to lend his expertise to our program. Welcome Monty!

**W**e are so happy that our special friend, Howard Boroughs, has agreed to serve on our Advisory Board. Howard has been part of the CAREGIVERS family since December 2000 when he requested that a volunteer call him every morning. It was a particularly depressing time for him because his wife Evelyn had passed away the year before. A volunteer was assigned and they became "telephone pals." Soon after, however, Howard started to sign up for classes at Ventura College.

Reenergized with new interests and a renewed spirit, Howard has become a mover and a shaker in our community. At the tender "young" age of 90 years old, he has endeared himself to everyone who has come in contact with him. He has funded a Planetarium to be built at the College honoring his wife Evelyn; has become a member of the Ventura County Museum of Art and History; and is on the Advisory Board of the Rubicon Theatre in Ventura. Howard served three years in the Navy and in his professional life was a research scientist. He resides at the TowneHouse with his faithful pet, a yellow Labrador dog which he named "Rigby." Howard, we love you and your youthful enthusiasm! Welcome to the Advisory Board!

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# Coming Events:

**CAREGIVERS Board Meetings**  
Fourth Thursday of each month

**Sailathon 2004**  
Coming this Fall  
Date to be Announced



## CAREGIVERS

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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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