

Heart & Hands

CONNECTION

SPRING 2007

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A MESSAGE FROM: Executive Director

Carol Boatner

Well, spring and summer are here! Clocks have changed; birds are busy, flowers blooming, but still no rain.

We have had a very successful beginning of this season with our 15th annual golf tournament at Spanish Hills. What a lovely day it was. We were fortunate to have found Cindy Eaves, owner of Harbor View Event Planning to help us during the last hectic days leading up to the tournament. Thank you Cindy! Also, we want to publicly thank all of our faithful golfers who return year after year to play in our tournament. You are truly treasured!

We continue to look for new sources of revenue for our increasing rise in the cost of keeping our doors open. This year, we have incurred a \$307.00 a month increase in our rent at our present location. We did look at other rentals, but decided it was in our best interest to stay at our present location.

On a positive note, we are lucky to have retained our dear Barbara Weinberg as our grant writer. She is doing a marvelous job bringing in much needed grant money.

We deeply appreciate all the financial support everyone gives us so that we can continue to provide a difference in the lives of so many isolated seniors.

ARE YOU AWARE?

Our own California Senior Legislator, Mr. Richard Griswold, has brought forth a bill AB 351 that increases the current county property tax exemption of \$7000 to \$27,000 for seniors 62 years and older. The amount of this exemption has not been changed for 39 years! Mr. Griswold has been working with Assemblyman, Mr. Cameron Smyth (Simi Valley) and his legislative director Mr. Ryan Flanigan, both supporters of this bill. They are requesting that email/letters of support for this measure be sent to Mr. Flanigan at Ryan.Flanigan@asm.ca.gov

Save the Date!

6th Annual Sailathon

Sunday, October 14, 2007

***Right off the Ventura Pier
in Pierpont Bay***

“Wearin’ O’ the Green” Golf Tournament a Success!

By Carol Boatner

Dawn broke and the sun peeked its eyes over the hills of Camarillo seeming to say, “Top o’ the Mornin’ to ya!” It was about the most perfect beginning to CAREGIVERS’ 15th annual golf tournament at Spanish Hills Golf and Country Club on March 5th that we ever had. Volunteers and staff scurried and unpacked the truck that we had borrowed the day before from Mel Sheeler Moving and Storage (thank you Mel). Everything was ready for the golfers to register by 9:30 a.m.. We had the pleasure of having Mike Reynolds play the bagpipes for the shotgun start of 11AM. Everyone seemed in a happy mood, as one by one, the carts rolled off the starting area heading for their particular tee. Players had the opportunity to win a 2006 Pontiac Vibe from Bunnin Auto Group/Cars 101 and a 2006 BMW from Steve Thomas BMW. When 11:30 a.m. rolled around, golfers and volunteers were treated to lunch, courtesy of In-N-Out Burger.

Late in the afternoon, everyone congregated in the beautiful Spanish Hills dining area to participate in the silent auction, prize drawings, and buffet dinner. Shane Morger welcomed one and all to the festivities and introduced Nicolle Blair & Alexandria Paul, two students from our “Building Bridges” program who told about their experiences with the seniors that they have helped throughout the year. Next on the program was our live auction that was handled by Skip Remley. We sincerely thank you Skip!

Heartfelt thanks go to all of our major sponsors for being so generous:

Santa Barbara Bank and Trust, Blue Cross of California, Bunnin Auto Group/Cars 101, Dr. William Clark, First Bank & Trust, Association Bank Services, Sharkey’s Mexican Grill, Ventura, In-N-Out Burger, Family of John P. Wintersteen, Metro-Med, Inc., Midstate Bank, Norm Weitzel, Steve Thomas BMW, & Ventura Printing.

Tee Sponsors were: **Affinity Bank, Basso Distributing Co., Bernzott Financial Advisors, Berta & Allan Steele, Howard Boroughs, Cecilia Macias, Central Coast Properties, Cole & Clark Oral Surgery, County Commerce Bank, Charlie & Blake Wade, Cypress Place Senior Living, Fausset Printing, GPM Sealrite, Inc. Ginny & Bob Camarillo, Hon. Harry Walsh, Louise Dunlap, Jay Midgley, Ernie & Suzy Melonas, Nicoll Insurance & Financial Services, Norman, Dowler, Ventura Credit Union, Wells Fargo Bank.**

The following persons won plaques in their particular category:

A Flight 1st place: William Clark, Mario Caballero, Chuck Scholler, Darryl Priest. 2nd place: Monroe Washington, Scottie Wells, Al Walter, Don Cobb. 3rd place: Gary Nasalroad, Bob McCord, Dr. Tushla, and Norm Weitzel.

B Flight 1st place: James Yang, Damon Lantz, Dennis Thurman, Dave Bussart. 2nd place: Steve Gutekunst, Mike Lambert, Brian Starkey, Bob Starkey. 3rd place: Greg Frank, Scott McDougall, John Rafferty, Stan Tanaka.

C Flight 1st place: Spencer Garrett, Rick Raives, Ed Batman, Jack Collings. 2nd place: Greg Koontz, Tim Goodwin, Bill Geske, Don Hansen. 3rd place: Ramone Zalamea, Dino Pascua, Troy Doram, and Rudy Fabriculan. Low Gross Winners: Dennis Muehlenbach, John Leach, Jason Semeling, & Jim Collier.

We could not have accomplished this successful tournament without the help of our golf committee, Shane Morger Co-Chair, Dennis Muehlenbach Co-Chair, Ginny Camarillo, Anna Kittleston, Cecilia Macias, Judy Remley, Mel Sheeler, Judy Thiele, and Norm Weitzel, Staff: Terri Keffer, Courtney

Darrough, Marion Holzwarth and the following volunteers who helped throughout the whole day: Fritz and Elizabeth Budworth, Keith York, Ron Willis, Linda Drohman, Jerry Leavitt, Ernie Hosaki, Rachel Patterson, Linda White, Murielle O’Brien, Michele Olsen, Tom Lease, Barbara Weinberg, Dustin Darrough, Kyle Rivera, Dymone Priestley, Diane Hurley, Francine Mazze, Barbara Dubkin, Mary Lou Garnica, Jenessa Eaton, Natasha Lewis, Sally Wolfe, Sally Stephens, Santa Barbara Bank RAVE team: Cari Guerrero, Kay Wigton and photographer Jim Boatner.

A special thank you to graphic artist Maureen Buchanan who put together the ads and text for our 15th Annual Golf colored program.

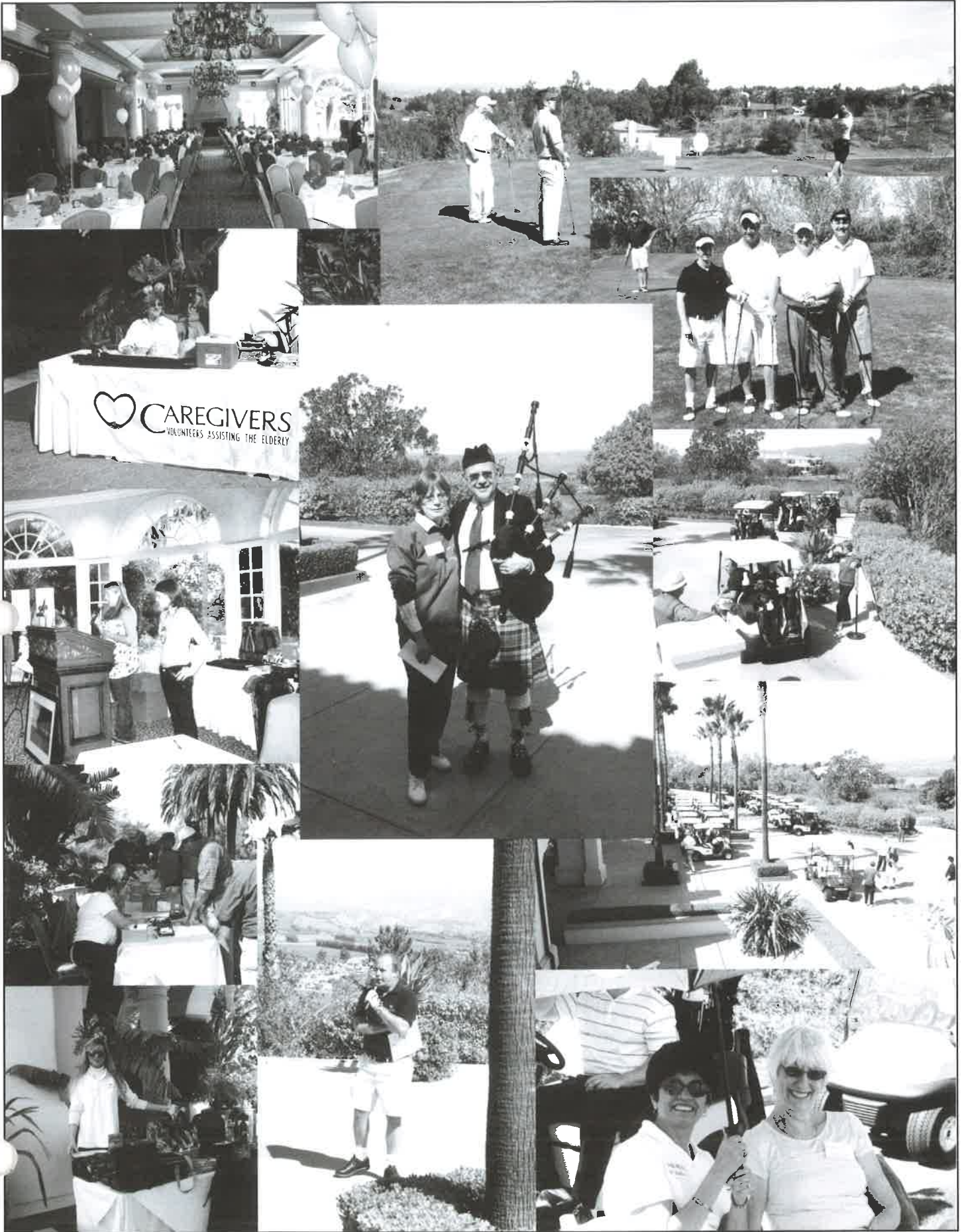
A total of \$25,740.00 was made with contributions still coming in. All in all, like the Irish say, “We couldn’t ‘ave dun it without ye!”

“Retirement must be wonderful. I mean, you can suck in your stomach for only so long.”

-Burt Reynolds, Actor

“It’s no longer a question of staying healthy. It’s a question of finding a sickness you like.”

-Jackie Mason, Comedian



From all of us at CAREGIVERS, a heartfelt "thank you" to all of the following supporters of our vision "Dignity for Life" Nov. 1, 2006 through March 31, 2007

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In Honor of Terah Mace
 by Mina Mutino
In Honor of and In Memory of Jesse M. Dunlap
 by Louise Welsh Dunlap
In honor of my precious mother Jewell Stiles Farrar, husband, David Hitch, & husband Adrith Banhart
 by Mrs. Jymmye Hitch-Banhart
In Memory of Ida D'Incau
 by Ron D. and Barbara D'Incau
In Memory of Elsie J. Carr
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 by Dr. Patricia A. McGovern & William B. Wintersteen
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In Memory of Irwin Broverman
 by Ira & Abby Friedman
In Memory of Elsa Chianese
 by Marcella Hoffman
In Memory of Mina Mutino
 by Terah Mace
In Memory of my sister, Kathryn Gorden
 by Bill Schneider
In Memory of Dean Schultz
 by Kathryn Schultz
In Memory of our mother, Goldie Defren
 by Allan & Berta Steele
In Memory of Betty Walukievicz
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by John Real

In Memory of Harry Ogg

by Patricia Ogg

In Memory of Linda Laubacher

by Leonard B. & Maria Ortiz

In Memory of my beloved wife Judy

by Eugene Thrift

In memory of Jim Love

by J. Robert Love

In Memory of William C. Lukes, MD

by Marie E. Lukes

In Memory of Sallie Smith

by Paul Smith

In Memory of Keith Carter

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Amanda Centeno wins Soroptimist's International Violet Richardson Award!!!

By Marion Holzwarth

CAREGIVERS' "Building Bridges" program is proud to announce that our teen volunteer, a senior from Buena High School, Amanda Centeno, has won the Soroptimist's Violet Richardson Award. Amanda wrote a very compelling composition about why she volunteers for CAREGIVERS and won an award of \$800, which she graciously split between herself and the CAREGIVERS program.

Amanda visits various seniors after school, once a week, except during the softball season. She faithfully makes up these hours during the summertime. She strives to make our elderly clients feel safe and secure by helping them with various chores. Amanda views our frail elderly neighbors as part of her community and wants to be part of the solution that helps them to live in the comfort of their homes longer than would otherwise be possible.

We sincerely congratulate and thank her for donating half of her award to us and for being a very special person.



Imagine This

By Carol Boatner

You are 80 years old. You are living alone in the Midwest and all of your friends have died. Your daughter and son-in-law ask you to move to California so that they can take care of you. You make the decision to move and are here in the Ventura area for about two months. Unfortunately, your daughter and son-in-law have to work. They do take care of your housing, meds and food needs but fail to orient you to this area. That's the scenario, I personally heard a few weeks ago. The phone rang at the CAREGIVERS office on a Friday night at 5:30 p.m. Usually no one is in the office at that time, but I was stuck on some paperwork, working later than usual, and was about to leave when this fateful call came in. The woman on the telephone was crying her eyes out. I could hardly understand what she was saying. Finally I understood that she was just LONELY. She had

not been introduced to anyone and was desperate for some companionship or ideas on where to find other seniors her age. I asked her how she found our number and she replied, "I called the police and they gave it to me!" That statement made me very happy. It meant that our program was a valuable, and reputable resource number for the police to refer seniors to. The phone call lasted 40 minutes and at the end of it, I had her actually laughing about a mutual TV show we both watch. She thanked me for being an "angel." She just needed someone to LISTEN to her feelings and that is what our staff and CAREGIVERS volunteers do. So, if you have a "caring heart" we would love to have you become someone's "angel" to alleviate the loneliness a senior feels when he or she are homebound without the very vital companionship they need to survive.

Health Watch can watch over YOU!

CAREGIVERS helps to keep seniors safe by installing for FREE a Health Watch personal monitoring response system. It's all about helping you keep your independence while staying safely in your own home. Health Watch puts you in touch instantly with caring people specially trained to respond and assist you whenever help is needed. This company has

been in business since 1986 and is in West Covina, California. Our treasurer, Keith York has been installing them in local senior's homes for about 11 months now. You may sign up with Health Watch for the low cost of \$27.00/month. For more information on this product and service, call 805-658-8530 and talk to Courtney Darrough, Program Coordinator.

*"If you live long enough, you're revered,
rather like an old building."*

-Katharine Hepburn, Actress

Reading to the Elderly Workshop

by Courtney Darrough

Earlier this year, CAREGIVERS conducted a volunteer workshop on how to read to a senior. Several CAREGIVERS volunteers took turns reading aloud different passages from a variety of books, from poetry to prose. Our own board member, Howard Boroughs, gave our volunteers a very distinctive insight on effective ways to read to someone with impaired vision. Howard has always been an avid reader all his life, and now affected with macular degeneration, still craves his books. We were fortunate to have been able to find a volunteer who reads to him on a regular basis. This is just one special social activity that is needed along with visiting, outings, writing, and telephone companionship that is requested by many of our homebound seniors that call for our assistance. If you have a few hours a week to share, please call us at 658-8530 and you will make a senior very happy!!!



A Garden of Memories

By Marion Holzwarth

A few years ago I fenced in a portion of my front lawn, to shelter our grandkids from the street, and also to have less lawn and more area for plants.

This front area grew to become quite a lovely garden arena. It is called The Remembrance Garden, because of the plant cuttings that are growing in this garden. They were given to me by CAREGIVER Clients, who the students and I have visited through the past 5 years, while doing chores in the Building Bridges Program.

Ethelyn shared her fern cuttings and they are strong and vibrant growing with Billy's Creeping Charlie. Lolie's succulents spill from pot to pot; Lucile's ginger cutting is now blossoming every year ready to share cuttings for another person's garden. Along side of the ginger is Lucile's 2 inch cutting of a pink flowered rhododendron, now over 6 feet tall! Cherie's mysterious green stick still remains a stick, but has not changed colors, and will definitely be welcomed, what ever opens up! Eugenia's bulbs wait for a more secure spring to pop open, and Emma's teardrop fuchsias cascade down the fence to meet her Shasta Daisies, which are waiting for the warmth of summer before they bring forth a blossom.

Once I brought a pot of homemade soil (compost that my husband makes in our backyard) to Emma. She was very excited and thankful for the gift. One of the students commented "I have never seen such excitement over a bucket of dirt"...only a true gardener would understand.

Eugenia and Emma have passed on, and The Remembrance Garden offers me a place to reflect and share my wonderful memories of our visits with them and many other CAREGIVER clients who we can no longer visit.

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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.

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