

Heart & Hands

CONNECTION

SPRING 2008

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IN THIS ISSUE

St. Patrick's Day Golf Fundraiser a Winner!!!

Page 2

Thank you, Thank you to our In-Kind Golf Donors

Page 3

How to make a gift of appreciated securities to Caregivers

Scam Alert

Saving Coupons

Page 6

Taking Care of Neighbors is Everyone's Job!

The Senior Whisperer

Pages 7

VOLUNTEERS: MARK YOUR CALENDAR FOR SATURDAY, SEPTEMBER 13TH.

All CAREGIVER volunteers are invited to our annual Volunteer Recognition Dinner at the Poinsettia Pavilion, in Ventura, Saturday, September 13th at 4pm. You will not want to miss this one! Come meet staff, board members and other volunteers who care about our seniors as much as you do... Wonderful food, fun and prizes for everyone who attends!!



A MESSAGE FROM: Executive Director

Carol Boatner

Ah Spring! When I lived on the East Coast, the first sign of spring was the purple crocus that would peek their little heads up above the cold sometimes-snowy ground. Later, the daffodils, tulips and sun yellow forsythia bushes would start to bloom. It was always a welcomed sight to all humanity living there to see some color after the dismal grey of each winter day.

Here in beautiful California, flowers bloom all year round. The orange California Poppies and Blue Lupine seem to magically appear along the freeways and roads and when you look up towards our mountains, it looks like a painter, took his brush and painted our pretty green hills with the color of mustard yellow. Nature is beautiful but so are our beautiful volunteers who plant seeds of kindness wherever they go.

We are proud to say that our CAREGIVERS' program is still blooming and like the new buds of our spring flowers, it has grown and prospered. Since the seeds of the program were sown in 1984, we have branched out from just one city, the City of Ventura, to the cities of

Santa Paula, Fillmore, Oxnard, Pt. Hueneme and now Camarillo. We could not have accomplished this feat without the support of the thousands of donors, foundations, grantors, banks, plus competent staff and Board of Directors to help us continue our mission that was planted long ago by two nuns from the Srs. of St. Joseph of Carondelet, Sr. Patricia Callahan and Sr. Veronica Maloney. We are eternally grateful for their foresight and vision.

In closing, if you want to be someone's sunflower and brighten up a lonely senior's life, please call us. You will be cultivating and planting your own new garden of friendship.

Life is short.

Break the rules

**Forgive quickly, love truly,
laugh uncontrollably and
never regret anything that
made you smile.**

**Life may not be the party
we hoped for.**

**But while we're here,
We should dance.**

ST. PATRICK'S DAY GOLF FUNDRAISER A WINNER!!!

On March 17th, CAREGIVERS presented their 16th Annual "Wearin' o' the Green" Golf Tournament at Spanish Hills Golf and Country Club in Camarillo. It was a warm spring morning that brought out our usual faithful group of golfers eager to celebrate St. Patrick's Day by donating their time and money to have some fun and contribute to a cause they believe in. To add to the merriment, we instituted a Leprechaun game hiding "8 wee ones" (little cutouts, on the course with free raffle tickets attached to their little bodies to be turned in when they were found after completing the course.) We again had the pleasure of having Mike Reynolds play the bagpipes for all to enjoy before our golfers were sent off to have their day in the sun.

Our heartfelt thanks and appreciation go out to the following major sponsors for their continued monetary support:

Rabobank, Wells Fargo Bank, Sheeler Moving and Storage, Bill and Elise Kearney, Domino's Pizza (Hishmeh Enterprises), Dr. William Clark, First Bank and Trust Association Bank Services, Metro-Med, Inc., Norm & Lynn Weitzel, Paladin Principle, LLC, Santa Barbara Bank & Trust, Wells Fargo Home Mortgage, and Community Memorial Hospital.

Again, Steve Thomas BMW and Bunnin Auto Group came through with cars for our Hole-in One contests. We sincerely thank them and the following in kind sponsorships: Big Dog Sportswear, Fausset Printing, In-N-Out Burger (for the delicious lunches) and Ventura Printing.

After enjoying their golf game, everyone came into the dining hall to savor an Irish Buffet dinner, participate in the prize drawings and live auction. We were very fortunate this year to have Jack Clarke of Gold Coast Broadcasting be our auctioneer and MC for the night. Jack enticed the crowd with his entertaining patter and many people bid on and received some wonderful donated auction items.

Mel Sheeler, Co-Chair of this event presented the following winners with gift certificates to the Spanish Hills Golf Shop:

A Flight:

1st Place: Bill Clark, Chuck Scholler, Mark Caballero & Brad Kane

2nd place: Sam Hishmeh, George Cueto, Fernando Garcia, Carlos Elenas

3rd. place: Norm Weitzel, Dave Baker, Chris Weitzel & Alex Truett

B Flight:

1st Place: Ed Pillado, Tom Stoddart, Bill Geske, & Justin Pennington

2nd Place: Angelica Adame, Laura Robinson, Sally Cordova, & Cie Macias

3rd Place: Gary Nasalroad, Duane Koranda, Matt Faussett, Julie Klueh

C Flight:

1st Place: Maribeth Butler, Brett Tilly, Ray Savala, Don Chambers

2nd Place: Joe Escamilla, Scott McDougall, Frank Cavola & Fred Markle

3rd Place: Blake Wade, Susie Bugh, Ruby Oertle-Jackworth, Lea Hubbard
Low Gross: 59: Greg Kountz, Tim Goodwin, Chris Harvey, Doug Ragan

Closest to the Pin: #6 Bill Clark & #11: Ed Pillado

Longest Drive #14: Laura Robinson-Women's & Dave Baker-Men's

We would also like to thank the following businesses and faithful friends who placed ads in our program book this year: Ginny and Bob Camarillo, Jewel Pedi, Cypress Place Senior Living, Carol and Jim Boatner, Wells Fargo Reverse Mortgage, Collings & Associates, LLC, In-Home Assistance, Craftsman Woodworks & John Donaldson Construction, Inc.

We want to give kudos to the following volunteers who stayed on the course most of the day: Linda Drohman, Ernie Hosaki, Handri Liong, Murielle O'Brien, Oxnard City Corp, Rick Uelman, Linda White and Ron Willis. And lastly, special thanks go to our stellar golf committee who really put their heart and soul into making this year's fundraiser a success: Mel Sheeler Co-Chair, Ann Romero, Co-Chair, Carol Boatner, Ginny Camarillo, Cindy Eaves, Anna Kittleson, Cie Macias, Charles Newcomb, Jewel Pedi, Judy Remley, Anthony Romero, Judy Thiele, Norm Weitzel and Keith York. A sincere thank you to each and every golfer, tee sponsorship and donor caring enough to contribute to this fundraising event netting us total of **\$24,641.65**.

THANK YOU, THANK YOU to our IN KIND GOLF DONORS:

Aflac, Automotive Racing Products, Basso Distributing, Big Dogs Sportswear, Bill's Bike Shop, Bob Lynn Custom Jewelry, Brian de Staic Jewellery, Coffee Bean & Tea Leaf, Crown Billiards, Cindy Eaves HarborView Events, Elkins Ranch Golf Course, Executive Limousine Service, Familia Diaz, Ferraro's Restaurant, Jerry Gallagher, Gold Coast Broadcasting, IN-N-OUT Burger, Island Packers, Terri Keffer, Romeo Lopez, The Massage Place, Meridian's Café, Dr. and Mrs. Dan Murphy, New West Symphony, Ruby Oertle-Jackworth, Ottavio's Restaurant, Out of the Earth Store, Pretty Things Gift Shoppe, Rabobank,

Ric's Sports Bar, Rolls Scaffolding & Equipment, Rubicon Theatre, Salon Paradiso, Samaritan's Shop, Oscar & Kim Shropshire, Spanish Hills Golf & Country Club, St. John's Hospital Gift Shop, Starbucks, Poinsettia Center, Sunstone Winery, Santa Ynez, Judy Thiele, Tilly's Marine, Trader Joe's, Camarillo and Ventura, Titus Paul Gallery, Trufflehounds's Fine Chocolates, The Ventura Wine Company, Ventura County Credit Union, Ventura Music Festival, Vons, Charles & Blake Wade, Allan & Shirley Walter, Weaver's Wines, Norm & Lynn Weitzel, Western Commercial Bank and The Wharf

AND OUR SPECIAL THANKS TO OUR TEE SPONSORSHIPS:

Andria's Seafood, Dr. A. Flynn, Basso Distributing, Big Dogs Sportswear, Howard Boroughs, Buenaventura Lawn Service, Hon. Fred Bysse, Bob & Ginny Camarillo, Capistrano's Restaurant, Document Systems, Louise Dunlap (In Memory of Jesse), General Pavement Management, Jerry Gallagher, Cecilia Macias, Ernie and Suzy Melonas, Jay & Jean Midgley, Pat Holden's Liquor & Gifts, Red Barn Market & Liquor, R.H. Wealth Advisors, Tilly's Marine, Ventura Co. Credit Union, Charles and Blake Wade, Hon. Harry Walsh, Norm and Lynn Weitzel,



**CALLING ALL BOATERS TO
OUR ANNUAL SAILATHON
FUNDRAISER ON SUNDAY,
OCTOBER 12TH, 2008**

Everyone who attended our last year's Sailathon said it was the best one ever. So you don't want to miss this year's race. Any type of boat can enter and join in the day of fun. For more information, please call the office at 658-8530 or go to our website at www.vccaregivers.org

From all of us at CAREGIVERS, a heartfelt "thank you" to all of the following supporters. November 1, 2007 to March 31, 2008.

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Note: You may conveniently donate to Caregivers using PayPal on our website at: www.vccaregivers.org. Thank you Board Member Ron Willis.

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In honor of their parents

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In honor of Rae Lundeen

Joan Frey Smith
In honor of CAREGIVERS

HOW TO MAKE A GIFT OF APPRECIATED SECURITIES TO CAREGIVERS

By *Randall Swanson, APC*

As you consider tax-wise ways of giving to CAREGIVERS, you may want to analyze the benefits of giving appreciated securities. Long-term appreciated stock (those held longer than 12 months) are particularly beneficial to give because you receive a charitable deduction for the full fair market value of the gift and, in addition, you avoid paying capital gains tax on the appreciation. A Charitable income tax deduction is allowed for up to 30 percent of your adjusted gross income in the year of the gift. Any unused portion can be carried forward for up to an additional 5 years. Please consult with your tax advisor regarding reporting and utilizing the tax deductions.*

Here is how such a gift works:

Mr. and Mrs. Mustang, who are in the 31 percent income tax bracket, would like to make a charitable gift to CAREGIVERS. They are interested in giving some of the stock, which has appreciated greatly over the years. They select stocks with a current value of \$2500, purchased several years ago for \$500. By contributing the securities to CAREGIVERS, they realize a \$2500 charitable deduction, which saves them \$775 in income taxes (31 percent of \$2500). In addition, Mr. and Mrs. Mustang avoid the potential capital gains tax of \$400 on the \$2000 appreciation (20% of \$2000).

Mr. and Mrs. Mustang's actual cost of the \$2500 gift of stock is only \$1325 (or \$2500 less \$775 less \$400).

In other words, the cost of their gift is only 53 percent of the face value of the gift. In addition, their taxes may be further reduced because of the state income tax deductions.

EASY STEPS FOR TRANSFERRING SECURITIES

The rules for transferring securities, while not complicated, are strict. You will want to exercise care to assure that your stock transaction is completed correctly. The same rules apply to giving a mutual fund. If you have any questions about the above instructions, please call me at 818-883-3636 or Carol Boatner at the CAREGIVER office 658-8530. It is also important to consult with your estate-planning attorney, tax professional, broker or financial planner regarding such a gift to ensure it is consistent with your overall estate planning and financial goals.

***Important:** The information contained herein is not intended to be legal, tax or estate planning advice as your circumstances are unique and your legal, tax and estate planning needs are distinct to your situation, age, lifestyle and needs. As such do not rely on any information contained herein as it is only intended as a general overview and cannot address each and every issue that may arise in the contemplated transaction. It is highly recommended that you work closely with your legal, tax and financial advisors prior to undertaking the contemplated transaction.

CARING COUPONS

By *Marion Holzwarth*

Recently, I read an article that suggested that for a special occasion people should give out 'Caring Coupons,' coupons that offer a little bit of help to a friend, neighbor or relative and that's when I began to visualize all our student volunteers as Caring Coupons. The Students who travel throughout Ventura to help CAREGIVERS' elderly clients are true Caring Coupons, coupons that come in many different sizes and shapes and with big hearts!

Students are Caring Coupons!



SCAM ALERT!!!

Beware of any mail from "Property Tax Assessors Record Corporation." The envelope will say "Important Property Tax Information" with a P.O. Box return address and a real postage stamp rather than a postal meter mark like the County Tax Assessor's Office would use.

It will list your home and its value (easily found in public records) and say that the property tax exemption is wrong. They will offer to fix it if you send them \$25.00. The District Attorney's office says this is a scam. **DON'T FALL FOR IT!!!**

TAKING CARE OF NEIGHBORS IS EVERYONE'S JOB!

By Courtney Darrough

The ultimate goal of CAREGIVERS' program is to match a volunteer with a frail senior to cultivate an ongoing, neighborly source of support for that senior. It's important to realize that weekly support from a volunteer helps not only the senior in need, but also the entire family (if any) who may be struggling to help with their care.

For example, we may get calls from family members who are trying to care for their parent while working full time, and raising a family. They may live in another city. They are concerned, and help as much as possible, but need supplementation and cannot afford to hire anyone to help. Weekly assistance from a friendly volunteer

can be instrumental in helping the senior get to doctor's appointments, the pharmacy, or grocery store when needed. This can potentially help put off the need for assisted living, or a nursing home, and make a better situation for all concerned. A neighbor's independence depends on all of us!

In addition to our regular program, we also have volunteers who are "temporary drivers." These volunteers drive various elders to local doctor's appointments whenever they choose, or on certain days/times that they are available. This has been a very successful program in Ventura. We are

in desperate need of more temporary drivers in the Oxnard/Port Hueneme area.

We are always in need of more program volunteers to keep up with the demand for our neighborly assistance. If you are interested in helping a senior once a week, please call us! We also like to speak to church groups and service clubs to get the word out about our program. If you are a member of an organization, church, or service club who would like a speaker to come to your meeting, please contact me at: (805)658-8530, or you can reach me by e-mail me at: cdarrough@vccaregivers.org

THE SENIOR WHISPERER

(copy write pending)

CAREGIVERS' new column offering informal ideas and suggestions on elderly issues.

Dear Ms. Whisperer,

My mother is elderly and she will not listen to me. I keep removing her area rug, for fear she might fall, and every time I come back to her home she has gotten it back out. How can I get her to understand this safety issue?

Twila Rugfree

Dear Ms. Rugfree,

It seems that this continual moving of the rug could be more of a safety issue than leaving the rug alone, but I understand why you want to move it. The thought of your mother falling

is a very real concern. Many falling issues have been the responsibility of a throw or area rug. I would encourage you to talk to your mother, as warmly as you can, about your fear. Give her an opportunity to understand your concern. Leave safety information for her to read next to her reading chair. Stop moving the rug, until she asks you have it moved.

Dear Ms. Whisperer,

My daughter continues to move my area rug in the den. I love the warmth of that rug and get very cold with out it. It is such a struggle to put it back on the floor after she leaves. I have even paid the neighbor boy to help me put it down. How can I get her to stop moving it? Mabel Warmfeet

Dear Mabel,

I just bet you have not told your daughter how cold the floor is for you. Sometimes we forget to convey the actual message. We sometimes think others should just understand us when we say, "Don't move it". I propose a compromise. Ask you daughter to buy you wall-to-wall carpet in the den. You will be warm and she can stop worrying about you tripping. And if the rug is a very sentimental family heirloom, clean it and put it on the wall.



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United Way of
Ventura County

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.

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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