

CAREGIVER...Malcolm Peters

by Carol Basralian – Associate Director of Volunteers

Carl Blankenbiller joined the CAREGIVER program in 1991. He had been a county ranger in the Dennison Park area of Ojai. After suffering a stroke, he needed the friendship of a man who could share his love of the outdoors.

Malcolm was that special person who became his comrade. For about a year, Malcolm visited Carl at home in Santa Paula while Carl's wife, Virginia, was able to go shopping or take the time needed for herself. Later, when Carl was transferred to the Fillmore Convalescent Center, Malcolm followed him there.



Malcolm Peters of Santa Paula is a joy to all who know him and a shining example of the CAREGIVER volunteer giving his most precious gift, the gift of TIME!!

Carl enjoys his relationship with Malcolm, "I just love his visiting me... We just talk and talk..." Malcolm adds, "I think visiting is beneficial because we all need to be heard and listened to. Carl tells me about the habits of the coyotes, lions, red fox and bears that he came in contact with during his vast time spent in the forest. I guess I have learned more from him than he has learned from me, but it has been satisfying for both of us."

Life is made up not of great duties, but of the little things. Smiles and kindnesses given habitually are what win and preserve the heart and secure comfort for neighbors.

Don't Shout...Don't Mumble

Communicating with a hard of hearing person

by Laine Waggoner from material provided by the national organization, *Self Help for Hard of Hearing People-SHHH*.

Persons with acquired hearing loss are often very self-conscious and sensitive.

As a spouse, caregiver or friend, you may have contact with someone who has a hearing loss. You should be aware of what problems they face and how you can help them. Considerable fear is attached to hearing loss. The stigma attached to using a hearing aid, although gradually fading, remains strong enough to deter constructive action. Wearing an aid is often felt to be detrimental to one's image.

Anxiety is caused by not being able to receive oral communications effectively and leads to a whole series of problems.

Misunderstanding of oral communications causes significant problems with family members and caregivers. Blame is invoked, emotions flare, and barriers are

built, creating a negative climate that can ruin the relationship.

Hearing loss can drive us apart IF we permit it. We all must work together to prevent this.

What can be done?

"Communication breakdown is the most stressful experience human beings can have." McCay Vernon, Ph.D.

When everyone is calm, rested and ready to converse, you can raise the subject and express your concern about the hearing impaired person's condition. (He or she probably thinks everyone else is mumbling.)

Your first goal is to find out what the problem really is. It may be medically or surgically correctable.

The hearing impaired person should see an M.D.-otolaryngologist (ear specialist). Early intervention is important. If you wait too long to investigate, a formerly

Continued on page 2

Don't Shout...Don't Mumble (Cont)

correctable loss could become permanent.

It may not be easy to convince the hearing impaired person to take this step. In the early stage of hearing loss, most of us are in denial and focused on our own problems. We don't realize how our loss affects the hearing persons around us. Some people need to be gently reminded that others have rights, sensitivities and frustrations.

Following is a suggested "script" to get you started:

"Mary/John, we love you deeply and want to work with you to adjust to our new circumstances of communication. It isn't just your problem; it's our problem. We need to know what is really wrong, so we can better address it. We don't want to have to shout at you. We don't want you to leave our company to be alone because you can't hear us. We want to learn what we can do to help. But, you have to help us learn. That means you have to find out what your new situation requires.

Millions of people have this problem. It isn't anything to be ashamed of. We simply have to make adjustments in our lives to work it out."

If the physician's diagnosis is sensorineural (nerve) deafness or another form of hearing loss not correctable by medicine or surgery, the next step is to see an audiologist.

TRY the amplification provided by a hearing aid! While not the answer for everyone, aids are helping millions of people.

Getting used to a hearing aid or other technical device is just a beginning. Any person newly experiencing hearing loss needs time and education to adjust and to learn new ways of communication.

How can you, the hearing person, help improve the situation if the hearing-impaired person has gone through the above process? Patience and assertiveness are required on both sides. Basic human rights must be respected by both hearing and hearing-impaired communicators.

Remember to keep your sense of humor.

The evangelist Billy Graham is quoted as saying:

"A keen sense of humor helps us to overlook the unbecoming, understand the unconventional, tolerate the unpleasant, overcome the unexpected, and outlast the unbearable."

Learn more about hearing loss through SHHH and Tri-County GLAD, the Greater Los Angeles Association for the Deaf. Openness to new ways of doing things and association with others who have similar problems develop self-esteem and enhance personal growth.

For details on local SHHH meetings, phone Gerald Dominick at (805) 646-0222. The GLAD office and store is at 614 E. Main Street, Ventura, (805) 648-4523. Scott Ellison is Coordinator.

*

Friends Needed

It seems as though the calls for help always come in faster than the volunteers! So many good people need just a little extra assistance to raise their quality of life. If you can consider 2 to 8 hours a month to spend with an elder in need, please help. Call us at 652-0566 for more information.

A delightful and pleasant 87-year old woman on So. San Clemente in Ventura has arthritis and uses a walker. She is lovingly cared for daily by her daughter who would like someone to stay with Mom on the 1st and 3rd Wednesdays of the month from 8:45 to 12:15 so she can have a little time away and continue her own volunteer work.

Communication Tips

for Hearing People

Rule: When the audio is poor, emphasize the visual.

- Face your audience directly.
- Get their attention first.
- Spotlight your face (no backlighting).
- Avoid noisy backgrounds.
- Ask how you can help communicate.
- Practice special speaking skills.
- Don't shout. Don't mumble.
- Speak at a moderate pace.
- Don't hide your mouth, chew gum or smoke while talking.
- Re-phrase if not understood at first.
- Use facial expressions and gestures to help carry the meaning.
- Give a clue when you are changing the subject.
- Be patient if the response seems slow.
- Stay positive and relaxed.
- Talk directly to hard-of-hearing persons, not about them.

for Hard of Hearing People

Rule: Communication is a two-way street. You must make as much effort as hearing people.

- Tell others how best to talk to you.
- Pick your best spot: light, quiet, proximity.
- Anticipate difficult situations. Plan how to minimize them.
- Pay attention. Concentrate on the speaker.
- Look for visual cues: lip movements, facial expressions, body language.
- Ask for written cues if needed.
- Don't interrupt.
- Let conversation flow awhile to gain more meaning.
- React and let speakers know how well they are doing.
- Don't bluff. Admit it when you don't understand.
- If too tired to concentrate, ask for discussion later.



From the EXECUTIVE DIRECTOR'S DESK...

by Pat Meredith

It's the beginning of a new fiscal year, and all of us at CAREGIVERS are looking forward to a year of continuing progress in our service to frail elders in Ventura County. Our bottom line (as well as our spirits) got a real boost at the end of fiscal 92-93 when we received several grants. We are so thankful for these expressions of confidence in our program. We depend on donations and grants to support our efforts because we are not funded by any single entity.

Speaking of thankful, there are several people who deserve bouquets for service and commitment to the CAREGIVERS' mission:

Pat Oberg, retiring from our Board of Directors, who, as Secretary, produced the best minutes I've ever seen.

Jack Collings and Norm Weltzel, for heading up our Golf Tournament so ably and for making it a fun event for everyone concerned.

All the Individuals, merchants, and organizations that supported the Tournament, making it possible for us to realize a profit of over \$1,500! (See the list of contributors).

Mary Jane Hogan, for organizing a team of volunteers to stuff, stamp, and address 14,000 envelopes in our direct-mail fund-raising appeal; and to **Joanne Roach and RSVP volunteers** at Oxnard's Wilson Senior Center for providing additional help with this enormous mailing.

We are truly blessed to have these folks, and many others, who are committed to CAREGIVERS.

Thanks to Grant Givers

We are most pleased to announce that CAREGIVERS has recently received the following grants:

- \$5,000 from the Carrie Estelle Doheny Foundation in Los Angeles for operating purposes,
- \$5,000 from Ventura County's Livingston Memorial Foundation,
- A continuation grant of \$4,000 from Ventura County's Swift Memorial Health Care Foundation, renewing their support of our Fillmore and Santa Paula offices,
- A continuation grant of \$3,374 from the City of San Buenaventura's social services budget, and
- A \$14,175 grant from United Way of Ventura County.

Craig Ploss, our outgoing Board Chairman, summed up the need for ongoing contributions when he observed, *"These are difficult times for non-profits, and these grants will help us to maintain our present level of service. We are very grateful for the grant givers' confidence in our program."*

John A. Chaudier: New CAREGIVERS Chairman

"I can think of no other community service project to get involved with except CAREGIVERS."

John Chaudier of Ventura, CAREGIVERS' new Board Chairman, has a long history of concern for seniors.

A member of the CAREGIVERS Board for four years, John took office as Chairman on July 1.

He was a leader in providing money for senior Meals on Wheels while serving on the Ventura City Council. As a volunteer, he has also delivered meals and helped with special events for seniors. He has been active in county life for 25 years.

Since 1984, John has been Manager, Command Support Department in administration and management at the CB base in Pt. Hueneme.

John and his wife, Jackie, have three children.

Buenaventura Interfaith Volunteer CAREGIVERS is a program of the Sisters of St. Joseph of Carondelet and is a United Way member agency. There are no fees for CAREGIVERS' service. Your tax-deductible contribution makes this possible.

YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (April 1, 1993 - June 30, 1993)

Anonymous
Mr./Mrs. Homer Adrianse
Mr./Mrs. Lyle Althoff
Mr./Mrs. John Aspell
Evelyn Baird
Mr./Mrs. William Blackford
Frances Blair
Mr./Mrs. John Bowen
Judith Bowen
Margaret Broughton
Mr./Mrs. G.C. Brown
Virginia Camarillo
Mr./Mrs. Michael Coulson
Ellen Dick
Anthony DiMarco
William Dover
Doris Dryer
Mr./Mrs. Robert Drysdale
Ellen Eden
Mr./Mrs. Lloyd Fellows
Irene Ferraez
Vera Florine
Edythe Foley
Mr./Mrs. F.L. Franklin
Evalena Gunnar
Viola Jensen
Rosemary Kelley
Mr./Mrs. Kenneth Landberg
Anna MacGillivray
Helen Marinos
Mr./Mrs. Gale Mason
Opal Mason
Helen McBeth
Mr./Mrs. F.S. McConaghey
Mr./Mrs. Tom McInally

Dorothy McNulty
Mr./Mrs. Michael McTigue
Patricia Meredith
Lael Mitchell
Mr./Mrs. J. Paul Morgan
Frances Mostert
Mr./Mrs. James Moynagh
Dr./Mrs. Gary Pontrelli
Isabel Prickett
Ms. Tere Regnier
Dorothy Robertson
Mrs. Florence Rosenthal
Mr./Mrs. Kenneth Sandwall
Mr./Mrs. Paul Schmitt
Winnie Smith
Robert Steffey
Leona Stephens
Charles Switzer
Mary Wallace
Mr./Mrs. Richard Wibbelman
Catherine Worden
Virginia Zierer

Businesses, Congregations & Organizations

AMGEN Foundation, Inc.
Catholic Daughters of the Americas
Carrie Estelle Doheny Foundation
City of San Buenaventura
First United Methodist Church of Fillmore
Gospel Light Publications
Livingston Memorial Foundation

Mound Wednesday Afternoon Club
St. Joseph's Altar Society
Swift Memorial Health Care Foundation
Trinity Episcopal Church
Trinity Lutheran Church
Vanguard Printing
United Way of Ventura County
Ventura Downtown Lions Club

In memory of...

Christian Appel
by Mr./Mrs. George Appel
John O. Dick
by Mr./Mrs. George Appel
Hon. Peter Donoghue
by Mr./Mrs. George Appel
Susan Glenn
by Mr./Mrs. Dan Stowell
Ruth Guthrie
by Mr./Mrs. E.C. Jewett
José O. Gutierrez, Jr.
by José O./Maria Teresa Gutierrez
Gerald Hendrick
by Estella Hendrick
James Iliff
by Idah Iliff
Heinz Kay
by Hazel Kay
Dorothy Lee
by Zoella Marriott Lakin
Joey Obiols
by Mary Hoffman

Frank Noriega
by Ben, Kay & Pauline Peterson
Virginia Pereira
by Mr./Mrs. Robert LaMacchia
Roberta Richards, Valerie
and Jonathan Soprano
by Mr./Mrs. Clark Croll
Richards
Jeffrey Tauber
by Lucy Tauber
John Vallino
by Kathryn Vallino

In honor of...

Ellen Appel
by Mavis Barnhill
Mr./Mrs. Robert Braitman on the occasion of their Silver Wedding Anniversary
by Mr./Mrs. Ralph Moses
Joyce Cantrell
by Linda Fisher
Ellen Devericks
by Kathryn Murphy
Anabelle Eich and Nora Rushing
by Mr./Mrs. Henry Rushing
Lael Mitchell
by Mr./Mrs. Jack Mitchell
Edna Schmidt
by Nora Davis
Marion Smith
by Virginia Smith

Honor a Friend or Loved One

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, and every gift will be promptly acknowledged. All donations are tax-deductible. Please make checks payable to CAREGIVERS.

Would you like to honor the memory of a special friend or relative? Do you or someone you know have a birthday, anniversary, or other special occasion coming up?

Make a real difference in the lives of others. Support CAREGIVERS' volunteer assistance to frail, homebound elders in the name of the person you wish to honor.

Please send your contribution in the enclosed envelope to CAREGIVERS, 261 N. Catalina St., Ventura, CA 93001, indicating the name of the person who is to be honored. Notification of the honorary gift will be sent to the honoree or notification of a memorial gift will be sent to the family of the deceased.

Call CAREGIVERS at 652-0566 for more information.



Thanks for a Successful Golf Tournament

Special thanks to the following individuals and entities that supported our Golf Tournament. Please let them know you appreciate their contributions.

Hole Sponsors

American Commercial Bank
 R.E. Barber Ford
 Breakfast House
 Mr./Mrs. Bob Camarillo
 Sisters Of St. Joseph of Carondelet
 Nordman, Cormany, Hair & Compton
 Dynamic Computer Services
 IDS Financial Services, Inc.
 Luther Tolo Financial Planning
 More Copy Systems
 O.A.S.I.S. (Catholic Charities)
 Craig Ploss
 Quick Printing Plus
 Mr./Mrs. Paul Rockenstein
 San Buenaventura Women's Club
 Seabreeze Cleaners
 Ventura County National Bank

Prizes

Jim Hall Racing
 Hon. and Mrs. Allan Steele
 Bank of A. Levy
 Bank of America
 Stanley Steamer - Rick Payne
 Dupont Corporation
 R. E. Barber Ford
 Wm. L. Morris Chevrolet
 Southern California Savings
 Chicago Title
 State Farm Insurance - Dennis Watson
 Kinko's
 Sea Things
 Spinnaker Seafood Broiler
 Champs Steak House
 A Better Club
 Happy Steak - Camarillo
 International House of Pancakes - Camarillo
 Seafood Parlor - Camarillo
 "Front Nine"
 Weber Baking Co. - Greg Dobbins



John Chaudier (L) with buddies. Thirty-nine golfers played Olivas Park Golf Course on June 18th – raising \$1,546 for CAREGIVERS.

Endowment Fund Donors Avoid Taxes, Increase Income and Secure CAREGIVERS Future

The **CAREGIVERS** Endowment Fund, established in 1991, will help ensure the future financial stability of the organization.

The Endowment is being built from various forms of deferred giving, principally from tax-exempt charitable remainder trusts. These trusts enable donors to eliminate capital gains taxes on appreciated assets and increase their current income.

The Endowment's principal will be left alone to earn interest. The interest income will be used to benefit **CAREGIVERS** and the people who receive our care.

For more information on the personal financial advantages available through a tax-exempt charitable remainder trust, a bequest, an annuity, an outright gift of cash, real estate, appreciated securities, or a deferred tax-advantaged gift, call the **CAREGIVERS** office at (805) 652-0566.

We Remember – Those Who were Cared for...

John Dick
 Betty Jo Rasmowicz
 Leon Wallis

Whom Do We Serve?

Since 1984, approximately 1,200 homebound elders of all faiths have been served. Ninety percent live alone. Eighteen percent are age 65 to 74 and 74 percent are over 75.

Strolling Seniors: Meet regularly at 10 a.m. at the Senior Center, 420 E. Santa Clara St., Ventura, for a leisurely hour-long walk along the beach promenade. Sponsored by the Ventura Parks and Recreation Department. For information, call 648-2829.

Fibromyalgia Support Group: Meets at noon, El Torito Restaurant, 7700 S. Seaward Ave., Ventura, reservations are not required, purchase of lunch is optional, call Bev Taylor, 648-3184.

*

COMING UP...

Wednesday, July 21
Coordinators' Breakfast
CAREGIVERS 8:30-10 a.m.

Thursday, August 19
Board Meeting
CAREGIVERS 7 - 9 a.m.

Thursday, September 16
Board Meeting
CAREGIVERS 7 - 9 a.m.

Sunday, October 10
Volunteer Recognition Dinner
Poinsettia Pavilion

Board of Directors
 John Chaudier, Chairman
 Jack Collings, Vice-Chairman
 Keith York, Secretary
 Judith V. Frazier, Treasurer
Sister Marilyn Binder, CSJ
 Virginia Carmilio
 Jesse Dunlap
 Sister Barbara Dugan, CSJ
 Sister Sharon M. Ninteman, CSJ
 Sharon Oelschlagel
 Craig Ploss
 Sister Suzanne Soppe, RSM



Advisory Board
 Wayne Dugan
 Lloyd Fellows, Ph.D.
 Hon. Susan Lacey
 Beverly O'Gorman
 Luther Tolo
 Harry Walsh

In Ventura:
 (805) 652-0566
In Santa Paula:
 (805) 525-5006
In Fillmore:
 (805) 524-5665

Staff
 Patricia B. Meredith,
 Executive Director
 Sister Jane Kelly, SNJM,
 Director of Volunteers
 Carol Baerlian,
 Associate Director of Volunteers
 Deby Tygell,
 Administrative Assistant
 Laine Waggoner and Jim Barker
 Newsletter Consultants

CAREGIVERS' MISSION – To provide a reliable personal relationship between one volunteer and one elder in need of assistance. Without the services we offer, frail elders may find themselves living in unfamiliar, impersonal institutions, with a debilitating sense of having lost both independence and dignity. By matching such elders with volunteers who provide basic assistance, CAREGIVERS permits many of them to remain in the familiar and cherished surroundings of their own homes.

INSIDE FEATURES

- **CAREGIVER...Malcolm Peters**
- **Communicating with Hard of Hearing Persons**
- **John Chaudier – New Board Chairman**
- **Thanks to Donors**
- **Volunteer Opportunities**

Buenaventura Interfaith Volunteer
CAREGIVERS
 261 North Catalina Street
 Ventura, CA 93001

Address Correction Requested.

NON-PROFIT
 ORGANIZATION
 US POSTAGE
 PAID
 PERMIT NO. 5
 VENTURA CA