



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Summer 1994

Volume 11, Number 3

A Special CAREGIVERS Client

by Carol Basralian

On our tenth anniversary, we salute Maxine Garcia. She has the distinction of having been served for the longest time by CAREGIVERS. She entered the program in 1984, and has had approximately seven volunteers helping her in various ways.

Maxine was born in 1909 in the state of Durango, Mexico, of French and Italian ancestry. She led a very normal life there until her mother died suddenly at age 28, and Maxine and her brother and sister went to stay with an aunt and uncle. At that time, her father was seeking work here in the United States and learned only much later that his wife had died.

It was a very volatile time in Mexico, with many mini-revolutions and much political unrest. Maxine remembers that for safety they led a nomadic existence,



traveling around the countryside like gypsies. Communication was slow, and after many months and the exchange of several letters, her father finally found them in Juarez and took them to live in New Mexico. Maxine's early memories include traveling to Arizona by wagon train as well as learning to ride the wild horses

then common in the southwestern wilderness.

Around 1929, the family came to California and settled in Oxnard, where Maxine found work in a packing plant. She remembers many happy times when she and her brother entertained at fiestas by singing and playing their guitars. She met and married Raymond Garcia, and together they raised two children of their own, as well as six nephews and nieces left orphaned after the death of Maxine's sister.

Today, Maxine beams with pride when she speaks of them.

Maxine Garcia exemplifies the fascinating wealth of experience and history that our elder citizens have to offer. Our volunteers and staff have been enriched by our acquaintance with her, and we are proud to have been able to provide assistance during the past 10 years.

7 Ways You Can Help CAREGIVERS

With income down and expenses up, CAREGIVERS needs your support more than ever.

Executive Director, Pat Meredith, outlines seven ways you can help CAREGIVERS.

- 1 MAKE a personal contribution to our sustaining fund;
- 2 IF you are now a contributor, increase your gift this year;
- 3 TELL five friends about the service we provide, and ask them to contribute and volunteer;
- 4 ASK your church, of any denomination, or your club to let us put a "volunteers needed" notice in their newsletter and/or provide a speaker for a meeting;
- 5 ASK a service organization to "adopt" CAREGIVERS as a fund-raising project;
- 6 VOLUNTEER to serve on our fund development or special events committee;
- 7 ASK the company you work for to make a corporate donation to CAREGIVERS.

Bone Loss

A Danger to Women and to Men

by Laine Waggoner

Osteoporosis is a reduction in bone density that causes bones to break easily.

Most people are aware that post-menopausal women are particularly prone to this condition due to a reduction in levels of the sex hormone, estrogen, in the bloodstream.

The Johns Hopkins Medical Letter recently reported what few people know: that "20 percent of all cases of osteoporosis, at least one-fourth of all broken hips, and about one-seventh of all vertebral fractures occur in men.

"By age 70, most men have lost about one-third density at the top of the thigh bone (femur), which forms the hip joint at the acetabulum (a cup-shaped depression in the pelvis). So, by age 80, one in six men has a broken hip." And, men can develop painful spinal fractures as they age.

What Causes Bone Loss?

Apparently, the sex hormones play an important role in maintaining bone strength in both sexes. Estrogen levels drop off in women at menopause. In men, testosterone usually doesn't begin to decline until after age 65.

The report goes on to say that "other factors leading to bone loss are excessive alcohol consumption, using tobacco products, taking certain prescription drugs, and prolonged use of over-the-counter antacids that contain aluminum, such as Amphojel, Gelusil, and Maalox."

Prevention

For men, as for women, "a healthy lifestyle and sensible balanced diet...can maximize bone strength and reduce the chance of developing osteoporosis."

Recommended are foods that are rich in calcium—up to 1,500



mg of dietary calcium daily from low-fat milk products or supplements taken with a doctor's approval.

To use calcium correctly, you need a small amount of Vitamin D which is derived from exposure to a minimal amount of sunlight or eating fortified foods such as low-fat milk and cereal.

Regular, moderate, weight-bearing exercise is another means of keeping bones strong. Very inactive people (such as those confined to bed because of illness) lose bone 25 times faster than normal.

Those at Greatest Risk

Many men with weak spines have illnesses or take medication that interferes with calcium use. Certain corticosteroids, anticonvulsants, and diuretics fall into this category, as well as the antacids mentioned above. Check with your physician to see if your medication could be a culprit.

Also, certain illnesses such as prostate cancer, arthritis, testicular surgery, and adult mumps can interfere with testosterone levels and influence bone loss.

Men in these situations should be followed closely by their physicians. Possible treatment could include drugs, hormones, or dietary calcium supplements.

The Arthritis Foundation has a new booklet on osteoporosis. Phone 389-5222, or visit 400 Mobil Ave., Ste. B7, Camarillo 93010-6338.

Legal Note: Durable Power of Attorney

Current laws give you the right to complete advance directives regarding your medical treatment if, for any reason, you become unable to make decisions for yourself. You can complete either a written Durable Power of Attorney for Health Care, a Natural Death Act Declaration, or a Living Will.

In them you state what you want and what adult relative or friend you want to speak for you.

In the Durable Power of Attorney, you can also specify a desire not to receive treatment that merely prolongs a terminal illness. It is important to write it down so that people will be clear about your medical treatment wishes. If they are written, they are more likely to be followed. It also gives your medical team legal protection when they do follow your wishes.

St. John's Regional Medical Center in Oxnard has an informative brochure called "Your Right to Make Decisions About Medical Treatment." For details about it, call Chaplain Services at 988-2891.

St. John's also offers free educational sessions on the Durable Power of Attorney to the public on the second Friday of each month from 9 to 10 a.m. in the garden level conference room. A copy of the document is provided at the session. Call 988-2891 for a reservation.

Party!

Our annual Volunteer Recognition Party will be held on Sunday, October 16, beginning at 4:00 in the afternoon. Mark your calendar now, and plan to join us for a wonderful dinner, great entertainment, and lots of fun. It's our way of thanking all our dedicated volunteers who give so much to this community.



Pat Meredith, Executive Director

The past year was a busy one for CAREGIVERS. We accepted into the program 121 new elderly clients, and recruited 74 new volunteers, making a total of 245 elders presently being served by nearly 200 volunteers.

Each year the number of frail elders requesting service increases. We always have a lengthy waiting list, because the special kind of volunteers who want to become CAREGIVERS are not easily found.

After ten years of service, we are achieving greater visibility in the communities we serve. But our income is still not sufficient to ensure that we can maintain our present level of service, much less expand it to other areas of the county. Our 1994-95 budget is \$128,000 to maintain current services. We need to raise \$50,000 more to balance this budget.

Our overriding challenge seems to be the unwillingness of our society to acknowledge and address the plight of the very frail elderly. This is not an issue that has the urgency of, for instance, homelessness, drug abuse, child abuse and neglect, and gang violence. A home-bound, elderly person who lacks some basic needs may inspire sympathy but is not considered a threat to society. Nor do frail elders march, picket, or sit-in to draw attention to their situation. It falls to organizations like CAREGIVERS to speak for them.

We include a copy of our Tenth Anniversary Report in this issue. It is a brief synopsis of the kinds of activities and services that CAREGIVERS has been involved in since this organization began in 1984. Take a few minutes to look it over and share our pride in the contribu-

Demand for Services Up Income Down You Can Help

tions that our volunteers and staff have made in serving the frail elderly in Ventura County.

To make sure that we can keep on providing this much-needed assistance, we need your help.

Here are a few things you can do: (1) make a personal contribution to our sustaining fund; (2) if you are already a contributor, increase your gift this year; (3) tell five friends about the service we provide, and ask them to contribute and volunteer; (4) ask your church, of any denomination, or your club to let us put a "volunteers needed" notice in their newsletter and/or provide a speaker for a meeting; (5) ask a service organization to "adopt" CAREGIVERS as a fund-raising project; (6) volunteer to serve on our fund development or special events committee; (7) ask the company you work for to make a corporate donation to CAREGIVERS.

Board Profile

Judith V. Frazier, CAREGIVERS' treasurer, has served on the Board since 1992. She is currently the Area Manager for the Mortgage Financing Group in Westlake Village. Prior to this position, Judy was a Vice President with the Bank of A. Levy for 18 years. She has been involved in banking, investments, and finance for over 25 years.

Judy holds a professional designation in Personal Financial Planning from UCLA. She has spoken on financial and investment topics to many groups, including the Governor's Conference on Women in Business.

In addition to her business career, Judy has been involved with several civic and nonprofit organizations in Ventura County. She served six years on the Board of the Ventura County Chapter, American Red Cross, including one year as Chairperson. She is currently on the Moorpark College Advisory Committee for Accounting Curricula and is Treasurer of the Concerned Resource & Environmental Workers (C.R.E.W.).

Volunteers 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. Remember, CAREGIVERS volunteers are never put in a position beyond their capabilities. NO nursing care is ever involved. And you set the hours and the tasks you're willing to help with. If you can consider 2 to 8 hours a month to help an elder in need, call us at 652-0566 for more information.

New Faces – Kathryn Nelson



On June 1, 1994, we officially welcomed Kathryn Nelson into our CAREGIVERS family. Kathy lives in Santa Paula with two charming cats named Yoda and Kitty. Her background is in counseling, and she holds a master's degree in that field from Pepperdine University.

As our Program Director for Santa Paula and Fillmore, Kathy will be readily accessible to elders in that area who need our services. She will be in the office, located in St. Paul's Episcopal Church in Santa Paula, on Monday, Wednesday, and Thursday mornings. The telephone number is 525-5006. Please stop by or phone to welcome her to CAREGIVERS.



YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (April 1 – June 30, 1994)

Anonymous
 Mr./Mrs. Lyle Althoff
 Luisa Asher
 Marguerite Axelrod
 Virginia Baptiste
 Sue Birdsall
 Elizabeth M. Blanchard
 Mrs. Virginia Blankenbiller
 Mrs. Mary Braitman
 Margaret M. Broughton
 Rueben & Suzanne Campos
 Kathryn Cannarozzi
 Thomas R. Carr
 Mrs. Cecelia Carranco
 Lavona Carter
 Mr./Mrs. Bruce Clark
 Carma Coffin
 Claude & Mildred Coffman
 Gertrude Conover
 James Conroy
 Jean Dale
 Ethel M. DiMatteo
 Mr./Mrs. Anthony DiMarco
 Helen Ellis
 Regina Ellis
 Thomas & Sally FitzGerald
 Thomas & Edythe Foley
 Ruth Fowler
 Marjorie Fraser
 Bertie Gaertner
 Maxine Garcia
 Robert W. Gray
 H. Grove
 Lyle & Candy Harris
 James & Mary Harrison
 Joseph Henderson
 John R. Houston
 Loretta Jeffries
 Viola Jensen
 Rose B. Jewett
 Mildred Kassim
 Margaret Keller
 Joseph & Frances Kellerman
 Vernon & Rosemary Kelley
 Sophia Labach
 Maizie Lewis

Gladyce Manville
 Mr./Mrs. Arthur C. Marshall
 Ethel Maurer
 Nellie McConaghey
 Eulialce McMullen
 Patricia B. Meredith
 Mrs. Lael J. Mitchell
 Musetta Morgan
 Helen Mueller
 Mei Hua Peterson
 Isabel C. Prickett
 Diane Radford
 John & Trudy Real
 Kenneth Ritza
 Joan W. Rollins
 Martin & Rosemary Rooney
 Janette H. Romney
 J. Paul Ross
 Violet Ryder
 Mr./Mrs. Charles Schleibaum
 Eunice N. Schleiderer
 Mr./Mrs. Edward Sedo
 Eva Seymour
 Esther Sheffield
 Tom Shelton
 Winnie Smith
 Lydia Stanley
 Margaret M. Stapleton
 Leona Stephens
 Mr./Mrs. Carl Stutz
 Michael & Pamela Swartout
 Charles R. Switzer
 Anne Voorhies
 Mary Jane Wallace
 Mr./Mrs. Ronald Weinert
 Mr./Mrs. Richard H. Wibbelmann
 Edna W. Woods

IN MEMORY OF...
 Carl Blankenbiller
 by Clara D. White
 Jack Coackley
 by Wilfred/Fern Emard
 Bill Coopman and Lubo Rakech
 by Mr./Mrs. Robert LaMacchia

Kathryn Gordon
 by Mr./Mrs. Richard Underwood
 by Ruth C. Fowler
 by Mr./Mrs. Gerald Maxon
 Frances Wesley Hertel
 by Eunice Koch
 by Truus Leendertse
 Mabel Peterson
 by Jim & Frances Egan
 A. Dewey Phillips
 by Margaret Phillips
 Caryell Pilken
 by Mr./Mrs. Norm Weitzel
 Clark Croll Richards
 by Mattie Richards
 John Rios
 by Mr./Mrs. Dan Stowell

IN HONOR OF...
 Sr. Jane Kelly
 by Dorothy A. Park, Sylvia Mack,
 Rosemary Rooney
 Mr./Mrs. P.R. Arguinguei, Sr.
 by Tere Regnier
 Greg Lanihan
 by Isabel Prickett

ORGANIZATIONS & BUSINESSES
 1918 Club, Ventura County Branch
 A Helping Hand
 R. E. Barber Ford
 Carrie Estelle Doheny Foundation
 CBC, Navy Officer's Wives Club
 College Pharmacy
 Los Angeles Times
 Mound Wednesday Afternoon Club
 National Council of Jewish Women
 Office Depot
 Seabreeze Cleaners
 San Buenaventura Women's Club
 Trinity Lutheran Church
 More Copy Systems
 PacifiCare Foundation
 Phone Jacks Plus
 Vreeland Motor Group

Grants Help to Support CAREGIVERS

We are very pleased to announce that CAREGIVERS received grants from several sources in recent months.

We are so grateful for the confidence in our program shown by the following organizations, especially during this time when our funding has been reduced due to the current economic downturn.

\$14,175 from United Way of Ventura County
 \$6,000 from the PacifiCare Foundation
 \$5,000 from the Carrie Estelle Doheny Foundation
 \$5,000 from the Livingston Memorial Foundation
 \$3,000 from the Swift Memorial HealthCare Foundation
 \$2,500 from the Amgen Foundation
 \$2,000 from the Faria Family Foundation.
 \$500 from A Helping Hand

Congratulations to very special volunteers, George & Ellen Appel, on their 50th Wedding Anniversary.

10th Anniversary

To mark our 10th anniversary of service in Ventura County, we have been privileged to receive several letters of commendation. A resolution from the California State Legislature, sponsored by Senator Gary Hart and Assemblyman Jack O'Connell, commends this organization for the vital role it has played in improving the quality of life of the frail elderly in our community.

Ventura Mayor Tom Buford sent a letter thanking our volunteers for their dedicated service. Sister Joyce Marie Gaspardo, Provincial Superior of the Sisters of St. Joseph of Carondelet sent a letter of appreciation and congratulations. And, a letter from

Governor and Mrs. Pete Wilson states that the "spirit of volunteerism is alive and well in Ventura because of your compassionate and dedicated volunteers who donate their time and energy to help others."

The City of Santa Paula has also honored us with a very handsome proclamation extending the "heartfelt thanks of all the citizens of Santa Paula for this organization's never-ending services to the elderly of our Community."

All the volunteers who have served in this program during the past 10 years should know that your efforts are recognized and truly appreciated.



CAREGIVERS was one of ten Southern California nonprofit service organizations to receive a \$5,000 Los Angeles Times Community Partnership Award this year.

The grant was presented by Los Angeles Mayor Richard

Riordan and Times Valley Edition President Jeffrey Klein at a luncheon at the Warner Center Marriott Hotel on May 11. Accepting on behalf of CAREGIVERS were Board Member Jesse Dunlap and Executive Director Patricia Meredith.

**HAVE YOU REMEMBERED
CAREGIVERS IN YOUR WILL?**

Sister Jane's address:
Sister Jane Kelly
St. Catherine's
P.O. Box 445
Priest River, ID 83856
Phone (208) 448-2127

Senior Programs

Care for the Caregiver

2nd and 4th Tuesdays, 7-8:30 p.m. Free.

Pacific Shores Center
2530 Financial Square, Suite 102, Oxnard
805-981-8671; 800-758-4PSH

Senior Health Connection

A free program for those over age 55 to help maintain wellness and reduce health care costs.

St. John's Regional Medical Center and St. John's Pleasant Valley Hospital

Call 988-2500 or 389-5800 for information.

Senior SurvivalMobile

Drivers are needed in Ventura, Oxnard, Camarillo, Thousand Oaks, and Moorpark.

Call Jean Nussman at 654-3275 between 7:30 and 11:30 a.m. for information.

Make a Difference

Honor a Friend or Loved One

Stumped for an idea for a birthday, anniversary, or other special occasion? Honor the memory of a special friend or relative and make a real difference in the lives of others.

Call the CAREGIVERS office at 652-0566 and ask for a donor envelope; or send your honorary gift or memorial contribution to CAREGIVERS, 261 N. Catalina St., Ventura, CA 93001 along with a note stating the name of the person who is to be honored. Notification (but not the amount) of the honorary gift will be sent to the honoree and notification of the memorial gift will be sent to the family of the deceased.

of Ventura County
United Way



Address Correction Requested.

Ventura, CA 93001
261 North Catalina Street
CAREGIVERS

Buena Ventura Interfaith Volunteer

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

- CAREGIVERS Client—Maxine Garcia
- 7 Ways You Can Help CAREGIVERS
- Board Profile—Judith V. Frazier
- Thanks to Donors

INSIDE FEATURES

CAREGIVERS' MISSION – To provide a reliable personal relationship between one volunteer and one elder in need of assistance. Without the kind of 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.

Board of Directors

*John Chaudier, Chairman
Jack Collings, Vice-Chairman
Keith York, Secretary
Judith V. Frazier, Treasurer*

Sister Marilyn Binder, CSJ

*Virginia Camarillo
Jesse Dunlap
Sister Barbara Dugan, CSJ
Sister Sharon M. Ninteman, CSJ
Craig Ploss
Norman Weitzel*

Advisory Board

*Wayne Dugan
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
Carol Basralian,
Director of Volunteers
Kathryn Nelson,
Program Director,
Santa Paula
Maria Ridge,
Administrative Assistant
Laine Waggoner and Jim Barker
Newsletter Consultants*

Coming Events:

Board Meetings

Thursdays 7:00 a.m.

July 21, Aug. 18, Sept. 15

10 Years

Thursday, September 22

Coordinators' Breakfast

CAREGIVERS, 8:30 a.m.

Sunday, October 16, 4:00 p.m.

Volunteer Recognition Party

Location to be announced

CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

TENTH ANNIVERSARY REPORT

Our Mission: To provide a reliable personal relationship between one CAREGIVERS volunteer and one elder in need of assistance, in order that the elder may avoid premature placement in a care facility.

During the last year, quietly, without fanfare, and without State or Federal support, we provided regular volunteer assistance to more than 260 elders in Ventura, Santa Paula, and Fillmore. This help included 41,000 units of needed service to frail elders. CAREGIVERS is a cooperative interfaith effort; thus we have been able to accomplish, coordinate, supervise, and document all of our services to the community with only 2 full-time and 2 part-time paid employees, in spite of a growing number of calls for help.

We are very proud of our ten-year record of service in Ventura County:

Since 1984, 1,300 frail elders have received one-on-one personal help and friendship, some for as long as 10 years. Almost 800 volunteers supported these elders, performing services that transported them to and from medical appointments, visited, phoned, shopped, organized their bills, ran errands, brought them to and from the hospital, and took care of many other vitally necessary tasks the elders could no longer do for themselves. In addition, we arranged help from other sources in many, many cases. Homes have been cleaned, food baskets obtained for emergencies, hospital and home visits made when families live at a distance.

Family members have called us from as far away as Europe so that help could be arranged for a frail elder in sudden crisis here in Ventura County. We receive an average of 250 such calls each year, and every one receives immediate and personal attention.

Each elder requesting service is visited, professionally assessed, and advised of all the services for which he/she may be eligible. Each one is also encouraged to honestly examine the range of his/her options, and is supported in the decision-making process. We then make sure that family members are aware of the true condition of their elders.

We loan wheelchairs, walkers, canes, and other medical equipment necessary for the comfort of those we serve. At holiday times, meals and baskets are arranged for needy and homebound elders.

CAREGIVERS

All volunteers are carefully and personally screened and assessed. A thorough training packet is explained and given to every volunteer prior to assignment. In creating a match between one volunteer and one person receiving services, we regularly monitor and supervise their developing relationship to be certain that it is becoming mutually satisfying and potentially long-lasting.

Staff may intervene on behalf of the elder with doctors and clinics for clarification of charges, and information regarding diagnosis and drug usage. We are in contact four or five times every week with Public Social Services and Public Health, intervening on behalf of particular clients in crisis.

Staff may advocate, unofficially, on behalf of those on the waiting list for public housing when their need suddenly becomes crucial.

Staff contacts and meets with Adult Protective Services workers in the homes of those seniors we feel may be at risk of neglect or abuse. CAREGIVERS has been privileged to be among the founders and continuing supporting members of the Elder Abuse Council of Ventura County.

Last year we personally distributed over 700 copies of the Ventura County Senior Resource Directory, so that elders will have directly at hand a listing of all of the services currently available to them.

We keep in touch with the elders we serve when their volunteers are on vacation or traveling, and provide short term support for their needs during those times.

Birthday greetings are sent to each elderly client, and our annual holiday party is held specifically for volunteers and the persons they serve. We have learned from past experience that this may be the only holiday celebration some elders can attend.

Information is offered to the public about aging in general and about local care options through informal speeches to civic organizations, businesses, and church groups.

Through our newsletter we disseminate current health and community services information.

In all of our outreach and fundraising efforts, we do our best to promote a positive image of what can be done to maintain the health and welfare of our senior community members.