



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Summer 1998

Volume 15, Number 3

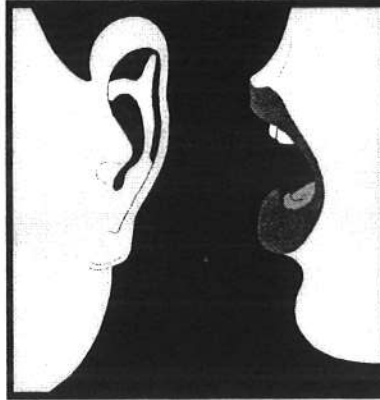
Counseling is for Anyone... Especially the Hard of Hearing

by Laine Waggoner, MA

"Hearing loss is one of the most depressing things that can happen to a human being. When you lose your sight, you lose contact with things. When you lose your hearing, you lose contact with people," said Helen Keller, the famous educator who triumphed over both deafness and blindness.

Coping successfully with hearing loss requires many adjustments and changes, giving up old habits and learning new ones. This learning process cannot be done in isolation. You need support, information and resources.

People with hearing loss and the people who communicate with us often need professional



counseling to deal with these problems. We need help with learning how to become assertive and stay in the mainstream of life.

An exciting and unique counseling service for people dealing with hearing loss issues will begin in September in Ventura and Camarillo. I have volunteered to offer private counseling for individuals, couples and family

groups who need help with adjustment and communication problems.

More people are affected by hearing loss than all other major diseases combined. At least 1 out of 10 people has a significant hearing loss. Serious hearing problems are experienced by one-third of those 65 or older and one-half of those over 85. It is somewhat comforting to know that I, profoundly hard of hearing, am not alone.

People with just mild to moderate hearing loss face a bewildering array of questions and challenges. Few are prepared for the dramatic change in their lives.

About 90 percent of the people who would benefit from hearing aids are NOT using them. This is because they are unable to admit their hearing loss to themselves, they have not adjusted to the hearing aids they already own or

Continued on page 2

Volunteer Spotlight: Maria and Lucy – Shopping Buddies

by Carol Basralian

CAREGIVERS volunteer, Maria Dowdy and her senior companion Lucy Rodriguez and I met at an air-conditioned restaurant when I traveled to Santa Paula one hot and sultry day. It was particularly apropos for them to enjoy a cold soda and some ice cream before starting out on their shopping excursions around town.

Maria Dowdy was born in Portugal in 1943 and came to the United States in 1966. She moved from Grover Beach with her husband of 14 years, Arnie, to Santa Paula about 7 years ago.

Maria saw an advertisement for volunteers needed in "The Santa Paula Times." She was inter-

viewed by our program director, Cecilia Ollivares and immediately matched with 79-year-old Lucy Rodriguez.

Maria works all over the county as a preschool teacher with the Head Start Program. Like most teachers, she is home for the summer break and Lucy is very happy about that. Lucy says, "I just love her company! I get to spend many more hours with her."

Lucy Rodriguez was one of eight children born on the Limoneira Ranch in Santa Paula. She married in 1941

Continued on page 5



because they lack information. Few people realize that hearing aids do not make your hearing completely normal.

It is estimated that millions of hearing aids are sitting in drawers somewhere while their owners try to understand speech sounds that are jumbled and obscured.

Effects of Hearing Loss:

Because hard of hearing people have to strain to understand speech, we experience a high degree of stress, fatigue, anxiety, embarrassment, anger, depression, frustration, loneliness and lowered self-esteem. The constant tension gives rise to a variety of physical symptoms. Many use drugs or alcohol in excess to escape, have relationship or work problems, withdraw from people, become isolated and have a much higher divorce rate than "normal" hearing people.

Family conflict often develops. A member of my support group who is quarreling a lot with his wife told me, "My wife gets mad because I can't hear and I get angry because she and the grandkids can't remember to look at me when they're talking."

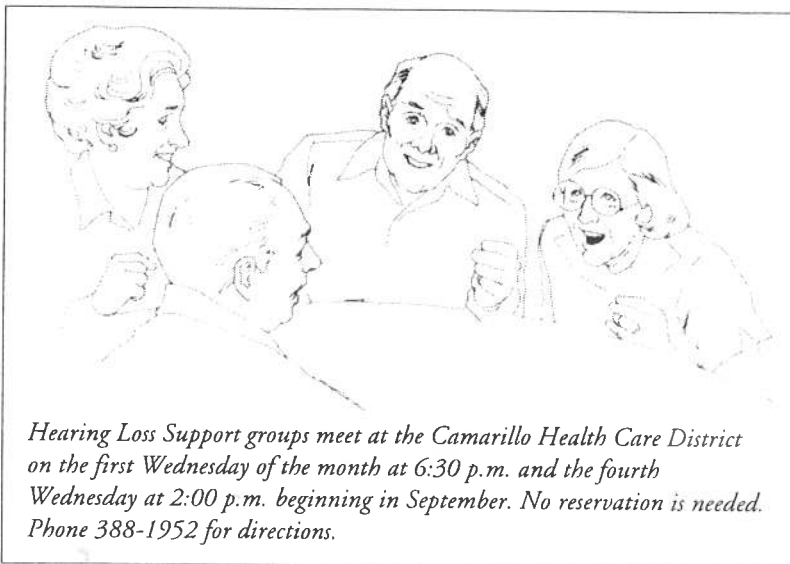
Another group member complains that her husband has said, "You've become irritable and demanding and you're very hard to live with."

Counseling:

Counseling helps people to meet the challenges of life, cope better with transition and change and maximize the effectiveness of their lives. They benefit greatly from examining their doubts about their worthiness or their relationship problems in a gently caring, nonjudgmental atmo-

sphere.

Research studies have shown that people who visit mental health professionals tend to have fewer illnesses, fewer doctor visits and fewer hospital admissions than the general population.



Hearing Loss Support groups meet at the Camarillo Health Care District on the first Wednesday of the month at 6:30 p.m. and the fourth Wednesday at 2:00 p.m. beginning in September. No reservation is needed. Phone 388-1952 for directions.

In his bestselling book "How Good Do you Have to Be?", Harold Kushner wrote, "There is a wholeness about the person who has come to terms with his limitations—who has been brave enough to let go of unrealistic dreams and not feel like a failure for doing so.... When we accept that imperfection is part of being human and when we can continue rolling through life and appreciating it, we will have achieved a wholeness that others can only aspire to."

This new service is part of a comprehensive counseling program for people of all faiths offered by Ventura County Jewish Family Service (JFS). As a counselor in training, I bring to the program my 40-year experience of coping with the challenge of hearing loss.

Because I understand the frustrations of trying to live an upbeat and productive life in a hearing world, I am on a crusade to help others adjust to the problems of hearing loss so they can enjoy life and remain involved.

Drawing upon my education in communication, education and human behavior, I conduct sensitivity training and coping skills workshops throughout the county. I also have a certificate in the "Psychological & Social

Impact of Hearing Loss" earned at the California School of Professional Psychology.

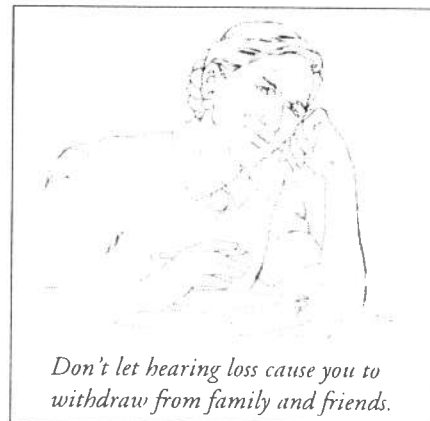
The new hearing loss counseling is part of the ongoing professional counseling services which are offered by JFS with modest fees based on a sliding scale.

In addition, JFS provides free in-home Senior-to-Senior Peer Counseling to anyone 55 years or older who is lonely, grieving, depressed, anxious,

fearful or stressed, regardless of race, religion, income or background.

For details about JFS counseling services, phone Fred or Susan at 641-6565. Their office is at 1915 East Main Street in Ventura.

In the Camarillo area, hearing loss counseling will also be available at the Health Care District. To schedule a Camarillo appointment, phone Laine Waggoner at 484-5994 or FAX 484-7764 after August 15. Remember, I am hard of hearing—so please speak slowly and clearly and repeat your name and number twice.



Don't let hearing loss cause you to withdraw from family and friends.

Executive Director's Message



Pat Meredith

The past fiscal year was a busy one for CAREGIVERS. We accepted 72 new elderly clients into our program, making a total of 333 seniors who were assisted by approximately 170 volunteers. Some 60 other volunteers served on the board, advisory board and as office and bulk mailing helpers.

During the 1997-98 fiscal year CAREGIVERS volunteers gave 49,000 hours of service and drove 82,000 miles to visit frail and needy seniors in Ventura and Santa Paula.

This level of service is made possible by the donations we receive from generous people who recognize the value of our program and want to keep it in operation. Persons over age 85 make up the fastest growing segment of our population. Their numbers are expected to triple in the next 15 years. To make sure that we can keep up with the ever-increasing demand for assistance, we need your help more than ever this year.

Here are some things you can do:

1. Make a personal contribution to our sustaining fund.
2. If you are already a contributor, make a 'stretch' donation this year.
3. Contribute to our endowment fund. Call the office for details.
4. Tell five friends and associates about CAREGIVERS and ask for their help, either as a volunteer or a donor.
5. Ask your service club, social group, or church to let us speak

Valued CAREGIVERS Supporters



Sarah J. Harcastle
Registered Conservator

Post Office Box 5039
Ventura, CA 93004-5039

(805) 984-2860

Toll-Free: 1-888-327-6485

A court-appointed personal/financial case manager for people in need.

Jerry O. Crow, Esq.

Meeting your needs for estate planning, administration, and asset management for 18 years in Ventura County. Supervised by you, your family, your attorney, or the court.

Attorney at Law
Professional Trustee
Professional Conservator

1190 S. Victoria Ave.
Suite 302 Ventura,
CA 93003

653-5353
(Voice & Fax)



Lillian Pressel
Owner

4080 Loma Vista Rd., Suite E
Ventura, CA 93003

(805) 644-7888
FAX (805) 644-1833

Your ad here!

Call Pat Meredith at
652-0566 for information.

about CAREGIVERS at a meeting.

6. Volunteer to serve on our fund development or golf tournament committee.
7. Ask a service club to 'adopt' CAREGIVERS as a fund-raising project.
8. Ask your employer to make a corporate contribution or match your own gift.

Working together—volunteers, donors, board of directors, and staff—we can ensure that CAREGIVERS' services will be available in the future to elders who will need us.



YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (May – June, 1998)

Anne Ackerman
Richard Anderson, M.D.
Mrs. Geneva Babcock
Mildred Batté
Mrs. Mary Ann Benton
Imogene Bercaw
Charles Boyle
Mrs. Jeanne Bricker
Mr. & Mrs. Roy Bucher
Mrs. LaVona Carter
Myrtle Chase
Mr. & Mrs. Claude Coffman
Carol Day
Phyllis Demunozkozel
Mrs. Linda Dillon
Mr. & Mrs. Peter Dowler
Ruby Drapeau
Mrs. Jane Dungan
Mrs. Rose Ella Dysart
Mrs. Kristie Elzinga
George Espinoza
Lloyd Fellows
Mr. & Mrs. Robert Fleur Jr.
Jay Frederic
Bertie Gaertner
Charlotte Gillen
Mrs. Trudy Goldstein
Rosalyn Grower
Mr. & Mrs. Jose Gutierrez
Taisia Gutu
Mr. & Mrs. William Hannah
Mr. & Mrs. Richard Hougardy
Mrs. Mildred Howard
Mr. & Mrs. Robert Kimber
Mr. & Mrs. Bill Kirk
Mr. & Mrs. Jordan Laby
Mrs. Wanda Laurence
Mr. & Mrs. Tom Leggett
Lisa LoVullo
Mrs. Margaret Lyons
Nelly Mac, M.D.
Sylvia Mack
Dicie Marshall
Mr. & Mrs. Randy Mattia
Mr. & Mrs. James McGahan

Mrs. Dorothy McKenzie
Dorothy Menges
Patricia Meredith
Mr. & Mrs. A. A. Milligan
Gary Nasalroad
Mrs. Betty Newlee
Mr. & Mrs. Ken Oelschlager
Mrs. Claudia Parker
Ellen & Rick Pearson
Carrie Pliska
Rebecca Riley
Mr. & Mrs. Kenn Ritza
Mr. & Mrs. Duane Rodgers
Mr. & Mrs. Robert Rolens
Violet Ryder
Miss Helene Sand
Harriet Saxe
Dorothy Schupbach
Mr. & Mrs. Marion Smith
Mrs. Leona Stephens
Mrs. Sue Tarangelo
Mr. & Mrs. Stuart Vitt
Mr. & Mrs. Bill Wakelee
Mrs. Mary Jane Wallace
Mr. & Mrs. Norm Weitzel
Mr. & Mrs. Ronald Willis
Betty Woodd

ORGANIZATIONS & BUSINESSES

Ladies Auxiliary VFW #1679
National Council of Jewish Women
Phi Epsilon Phi Sorority
Quick Printing Plus
San Buenaventura Women's Club
Sisters of St. Joseph of Carondelet
Sisters of the Holy Cross
United Way of Ventura County
University Club
Weston Co. - Limited Partnership
Young Ladies' Institute (YLI)

IN MEMORY OF...

Carole Ainsworth
By Mr. & Mrs. Norm Weitzel

My Husband, Clifford Austin
By Gladys Austin
Michael Becker
By Mr. & Mrs. Herman Becker
Mrs. Consuelo (Connie) Bookman
By Mr. & Mrs. Jack Marshall
Lucille Sue Brown
By the Calzada Family
H. Ruth Carlson
By Mrs. Mildred Klausner
Marcel Casas
By Mrs. Mary Hoffman
Ruth Coleman
By Mr. & Mrs. Michael McTigue
Jay and LaVonn D'Andrea
By Mrs. Esther Lyndon
Jay D'Andrea
By Hon. & Mrs. Bruce Thompson
Frank Darby and Walter Domercq
By Margaret Domercq
Betty Engel
By Mr. & Mrs. Dan Stowell
Albert Eriksen
By Mrs. Dorothy Boatner
Phyllis Goldberg
By Lester Goldberg
Roger Golden
By Myrna Golden
Mildred Howard
By Mr. & Mrs. Max Abbiatti
Dr. & Mrs. Donald Allari
Rev. & Mrs. J. Roger Anderson
Vi Bankert
Margaret Bouslog
Mr. & Mrs. Ira Goldberg
Mr. & Mrs. Gerald Haines
Mr. & Mrs. Harry Howard
Mr. & Mrs. William Hurley
Mr. & Mrs. Jerry Kinyon
Mr. & Mrs. Marion Kinyon
Mr. & Mrs. Ronald Nystrom
Mrs. Charlotte Raitt
Richard & Barbara Schafer
Mr. & Mrs. Jerry Scott

Dr. William C. Lukes
By Mrs. William C. Lukes & Family
My Father, Sam Marigliani
By Carol Basralian
Bula Moore
By Hon. Toy White
My Mother
By Mrs. Lylian Pressel
Our Mothers, Lucile Johnson and Lucile Follis
By Mr. & Mrs. Tom Follis
My Nephew
By Helen Thompson
Clara Nicolini
By Mr. & Mrs. Martin Rooney
My Son, Joey A. Obiols Jr.
By Mrs. Mary Hoffman
Janette Hardison Romney
By Mr. & Mrs. Jefferson Romney
Katherine Stafford
By Tracy Susman
Robert Stansell
By Mr. & Mrs. Elvin Barnhart
Walter, Jean, Michael, Gary and Gayle Gregorcik
Georgia Jett
Mr. & Mrs. Ross Palmateer
Emanuel Tanchuck
By Mark Tanchuck
My Wife
By Walter Clark
Alice Wright
By Mrs. Eunice Koch

IN HONOR OF...

Jennie Dugan
By Sr. Barbara Dugan, CSJ
Wayne & Martha Dugan's 80th Birthdays
By Mr. & Mrs. Les Vielbig
Rob Richardson and Ben Baumer
By Russell Murawski
Irene Waldo
By Mr. & Mrs. Bob Camarillo

CAREGIVERS is 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**. Call us at 652-0566 for more details.

It's Volunteer Party Time!

Mark your calendar now for our annual Volunteer Recognition Dinner, to be held on Sunday, October 18 from 4 to 7 p.m. at Ventura's Poinsettia Pavilion. This event is free to CAREGIVERS volunteers and spouses, with other guests invited for a nominal charge of \$7.50. There will be, as usual, a delicious barbecue dinner donated and prepared by the Marina Rotary Club, plus fun, prizes and surprises.



Carol Basralian (r), Director of Volunteers, accepts check for \$2,000 from Diane Gil, chairwoman of the recent Young Ladies' Institute Conference held in Ventura. Approximately 450 Catholic delegates from Washington, Oregon, California and Hawaii listened as Carol described the CAREGIVERS program, then donated this generous gift to support our work.

CAREGIVERS Benefactors

(Gifts of \$1000 or more)

American Medical Response
Amgen Foundation
Archstone Foundation
AT&T Wireless Services
California Wellness Foundation
Cal West Real Estate, Santa Paula
Ginny & Bob Camarillo
Carrie Estelle Doheny Foundation
Chouinard Family Trust
City of San Buenaventura
George Espinoza
Faria Family Foundation
GTE California, Inc.
Livingston Memorial Foundation
Pacific Bell
PacifiCare Foundation
Santa Barbara Bank & Trust
Swift Memorial Health Care Foundation
Trinity Lutheran Church
United Way of Ventura County
Les and Judy Vielbig
Norm & Lynn Weitzel
Vance, Thrift & Biller
Wood-Claeysens Foundation
YLI Ventura Conference attendees

Swift Foundation Gift for Santa Paula

The Swift Memorial Health Care Foundation has selected CAREGIVERS to receive a grant of \$4,850 to support the Santa Paula office. The Foundation has assisted this program since 1987, and was instrumental in the expansion of our service to the community of Santa Paula.

The Swift Memorial Health Care Foundation, named for Dr. Floyd J. Swift and his wife, Ida Swift, was established in 1984 with the assets of the sale of Oxnard Community Hospital. Its purpose is to assist agencies that provide health care services to the residents of Ventura County. We are very grateful for the Foundation's continuing support.

SHOPPING BUDDIES – Continued from page 1

and had four girls. For many years, she worked for the Saticoy Lemon Association in the packing plant and retired in 1971. Around November 1996, Lucy developed severe medical problems and had to be hospitalized. Then a friend told her to call CAREGIVERS to try to get some help with maintaining her home. She originally wanted someone to shop for her. As Lucy got stronger, she was able to go shopping with Maria and they became good shopping buddies. Lucy gleams when she tells me, "She calls me often and says, 'How are you doing?' That makes me feel so special. She's always there for me and we get along real good." Maria chimes in, "You know, it's a two-way street. She gives me great pleasure and we have many laughs together."

Francis Bacon once observed that friendship doubles our joys and cuts our griefs in half. We at CAREGIVERS Volunteers Assisting the Elderly know that this is a true fact of life and we are so happy to be able to bring people together to experience a truly unique connection.

For Your Information Scam Alert!

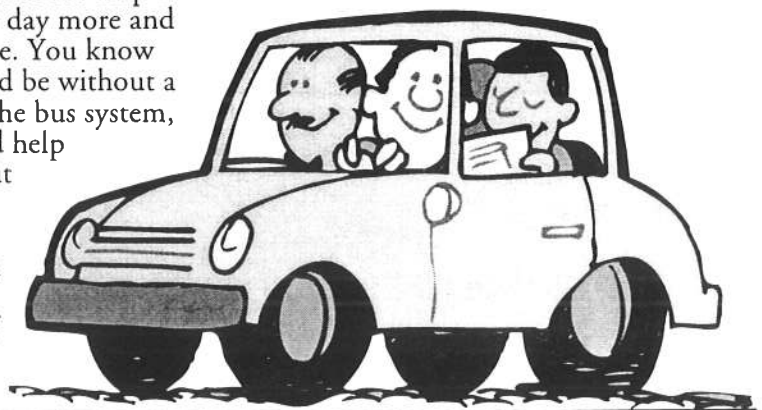
If someone calls you, identifies him/herself as a telephone company service person, and asks you to help in a 'test' by pressing 9, then 0, then #—*don't do it!* By pressing 90#, you give the caller access to your phone line which allows him to make long distance calls to anybody, anywhere. The calls will, of course, appear on your phone bill.

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

Drivers Desperately Needed

The number one need of the seniors who call us for help is transportation to their medical appointments. Every day more and more older adults are losing their ability to drive. You know what it means to live in Southern California and be without a car. The frail elders we serve are unable to use the bus system, or the SCAT 'Access' service, because they need help getting from their door, into the vehicle and out again at their destination.

All you need is a driver's license, a safe driving record, proof of insurance, a car that an elder can easily get into and out of, and a willingness to help on a once-per-week basis. If you can help in this way, please call us at 652-0566 for more information. We need you!



Coming Events:

Board Meetings

Thursdays 7:00 A.M.
Aug. 20, Sep. 17, Oct. 15
CAREGIVERS Office

Volunteer Recognition

Sun., Oct. 18, 4:00 P.M.
Poinsettia Pavilion

CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

261 North Catalina Street

Ventura, CA 93001

RETURN SERVICE REQUESTED.



CAREGIVERS' MISSION - To provide a reliable personal relationship between one volunteer and one elder in need of assistance. Without the kind of neighborhoodly services we offer, frail elders may find themselves living in unfamiliar, impersonal institutions, with a debilitating sense of having lost both independence and dignity. CAREGIVERS, an interfaith effort, matches volunteers with elders who need non-medical assistance, thereby permitting many of them to remain in the familiar and cherished surroundings of their own homes longer than would otherwise be possible.

CAREGIVERS is sponsored by the Sisters of St. Joseph of Carondelet and is grateful for the financial assistance of Trinity Lutheran Church, Ventura; First United Methodist Church, Ventura; Sisters of the Holy Cross; National Council of Jewish Women; First United Methodist Women; First Presbyterian Church, Santa Paula; and the Aid Association for Lutherans.

Board of Directors
Norman T. Weitzel, Chairman
Ginny Camarillo, Vice-Chairman
S. Barbara Dugan, CSJ, Secretary
Keith York, Treasurer
Roderick E. Brown
Jesse Dunlap
Judith V. Frazier
Norma Fulkerson
Cecilia Macias
Lillian Pressel
Hon. Jack Ingstrom
David Tipton

Advisory Board
S. Marilyn Binder, CSJ
Wayne Dugan
Hon. Susan Lacey
Luther Tolo
Hon. Harry Walsh



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

Staff
Patricia B. Meredith, Executive Director
Carol Basralian, Director of Volunteers
Cecilia Ollivares, Santa Paula Program Director
Ellen Pearson, Administrative Assistant
Laine Waggoner, Newsletter Editor
Jim Barker, Newsletter Designer

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