



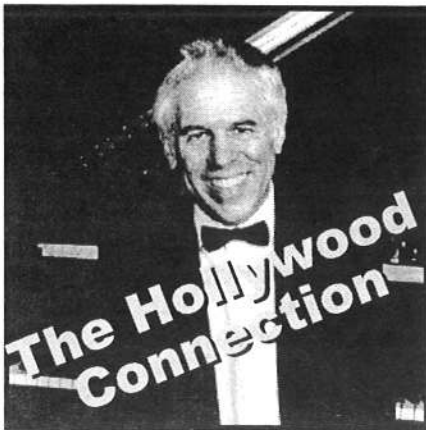
CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Summer 1999

Volume 16, Number 3

Lincoln Mayorga Piano Concert – Sept. 26



We are thrilled and grateful to announce that the brilliant pianist Lincoln Mayorga will return for a benefit concert for CAREGIVERS on Sunday, September 26 at 3:00 p.m. at the Ventura County Church of Religious Science in Ventura, 101 South Laurel.

Lincoln's "The Hollywood Connection" promises to be an intriguing and entertaining look at the music of films and television. It will highlight some of the major film composers he has worked with such as Henry Mancini, Victor Young and John

Williams with commentary and personal anecdotes.

Many will remember the wonderful afternoon of music that Lincoln presented for us in 1996.

Born and raised in Los Angeles, Lincoln made his home for many years in Camarillo while he enjoyed one of the busiest studio careers in Hollywood. He was the staff pianist for Walt Disney Studios and contributed to the sound tracks of such motion pictures as "Chinatown," "Pete's Dragon," "The Competition," "The Rose" and "Ragtime," to name a few. His television credits include "Little House on the Prairie," "Highway to Heaven," "Dallas" and original scores for "Fame."

As an accompanist and arranger, Lincoln has assisted such greats as Johnny Mathis, Barbra Streisand, Vikki Carr, the late Mel Torme, Andy Williams and Quincy Jones. He is also co-founder of the renowned audiophile record label, Sheffield Lab, for which he has produced recordings by a range of artists from

Harry James to the L.A. Philharmonic.

Lincoln has taken his diverse repertoire of 18th through 20th century music to more than 200 cities across the U.S., Canada, Europe and Russia. A recognized champion of American music, Lincoln was invited by the Moscow Philharmonic to perform Gershwin's "Rhapsody in Blue" and "Variations on 'I Got Rhythm'" in their first concert devoted to American music.

Lincoln has lived in the woods of upstate New York for 10 years, where he composes, teaches and prepares for concert tours.

He has appeared as piano soloist recently in both East and West Coast premieres of his eclectic piano concerto "Angels' Flight."

Tickets are \$30 each and are available by mail from CAREGIVERS, 2021 Sperry Avenue, #47, Ventura 93003. Send a check with a self-addressed stamped envelope and your telephone number. Call 658-8530 for more information. □

New CAREGIVERS Chairperson – Judy Frazier

The CAREGIVERS board of directors has elected its leadership for the 1999-2000 fiscal year. The new chairperson is Judy Frazier, who has served on the board since 1992. Norm Weitzel, past chairman, has assumed the post of vice-chairman. Sister Barbara Dugan and Keith York continue in their respective positions of secretary and treasurer.

Judy Frazier is Vice President and Trust Officer of Santa Barbara Bank & Trust. A former vice president at Bank of A. Levy, Judy has been involved in banking,



investments, and finance for more than 30 years. She holds a professional designation in Personal Financial Planning from UCLA

and has spoken on financial and investment topics to many groups, including the Governor's Conference on Women in Business. Her many community activities include six years on the board of the Ventura chapter of the American Red Cross, with one year as chairperson.

Other board members are Roderick Brown, Ginny Camarillo, Jesse Dunlap, Norma Fulkerson, Cecilia Macias, Ernie Melonas, Lylian Pressel, Jack Tingstrom, Dave Tipton and newly-appointed Lisa LoVullo and Andy Killion. □

Music for Happiness and Well-Being

by Laine Waggoner, M.A.

Shakespeare said that "music is the food of love." Recent scientific research on the body-mind connection indicates that music can play a big role in improving your outlook on life and how you deal with a variety of stress-related disorders.

Culture Vultures Live Longer:

Swedish scientists recently found that regularly attending concerts, movies, plays and sports events may add years to your life. This study of 12,000 people over a nine-year period was reported in an article in *Psychology & Health Update* entitled, "Culture Vultures Really Do Live Longer." The report suggested that the emotions stirred at such outings may stimulate the immune system.

Music Therapy:

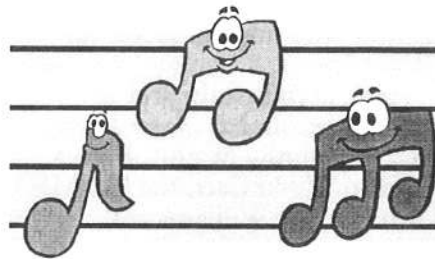
There is a worldwide movement that supports using music as therapy to reach the human psyche and lead to holistic healing.

Music therapists use music to help people of all ages in their journey toward self-growth and understanding. They draw upon a vast array of musical activities from just plain listening to music, to listening while moving, to singing and playing an instrument. Music is used in an effort to reduce pain and stress, improve

communication skills, decrease inappropriate behavior, increase attention span and improve academic and motor skills.

The major goal is a beneficial effect on the client's physical, psychological and social functioning. Part of the reason that this works is that each musical tone resonates in a different area of the body. This creates a sort of vibrational healing, much like the ultrasound used by physical therapists to promote the healing of muscles.

For some people, music creates a sense of harmony and balance and oneness with nature, according to Australian music teacher, Margaret Brandman. For others, it can be used to calm, energize, sharpen mental powers, rejoice, worship, soothe grief or to transport them into a higher plane for a meditative mood.



Music stimulates the Right Brain to encourage greater use of the entire brain (a "whole-brained" approach). It, therefore, provides access to accelerated

learning in many fields of the arts, letters, sciences and business. Many people, including myself, choose the early music of Gregorian chants or Baroque music for relaxation and to stimulate our brainwaves to support creative writing or other pursuits. I listened to Mozart before studying for my dreaded class in statistics!

Brandman also says that "if more people played an instrument, there would be less crime. As far as I can recall, I've never seen headlines that read, 'Musician robs bank,' or 'Musician commits heinous crime!'"

Mary Stone of Ventura, who took up piano at the age of 45, said she did it for stress relief. "I'm able to turn off my daily concerns and focus purely on various aspects of the music." This change of focus is very relaxing, much like Yoga.

Ancient Greek theoreticians believed that the human soul could be perfected through sublimely composed music, according to Don G. Campbell, founder of the Institute for Music, Health and Education. He believes that music can help orchestrate improved health by its effects on awareness states, movement, the imagination, language development and even specific functions of the body. His audiocas-

Continued on page 3

New Board Members Appointed

Lisa LoVullo and Andy Killion were recently appointed to the CAREGIVERS Board of Directors.

Lisa LoVullo has been a Ventura County resident since 1993. Originally from Philadelphia, she is currently employed with State Farm Insurance Company as a Claims Specialist. Community activities are very important to Lisa, and she has served on the board of directors of Laubach Literacy of Ventura County and as a United Way

allocations volunteer. In addition, she has coordinated community events for State Farm. For the past two years, she has been a member of the CAREGIVERS golf tournament committee. In her spare time, Lisa enjoys running, biking and trying out the various restaurants in the area.

Andy Killion, a ninth-generation area resident, was born in Santa Barbara. He is a graduate of the California Maritime Academy with a degree in business. During his attendance at the Academy, he

obtained a Department of Transportation Unlimited Tonnage Officer's License for the U.S. Merchant Marine. Andy has been a financial advisor with Morgan Stanley Dean Witter since 1992 and is currently Associate Vice President. He generously supported the CAREGIVERS golf tournament in 1998 and was a member of the 1999 tournament committee. He lives in Ventura with his wife Tina and young son Jack. □

Executive Director's Message



Pat Meredith

The past fiscal year has been a busy, challenging and productive one for the CAREGIVERS program. We moved both our Ventura and Santa Paula offices (Santa Paula moved twice!), we had our most successful golf tournament ever and we got a new administrative assistant.

In spite of this more-than-usual turmoil, we raised more money than ever before and can now see a stable future for our service!

Most important, we recruited 27 new volunteers (more than twice last year's number) and served 305 homebound elders. Volunteer commitment continues to be inspiring. During 1998-99, they provided an impressive 35,200 hours of service and contributed 75,500 miles of transportation, seeing that their elderly friends could get to the doctor, the supermarket, the bank and the pharmacy. This continuing demonstration of love and service brings to mind a quotation I read long ago. I think it was Winston Churchill who said, "We make a living by what we get; we make a life by what we give." CAREGIVERS volunteers provide a profound lesson for all of us in making a life and living it to the fullest. □

MUSIC from page 2

sette tapes, "Healing with Great Music," are among hundreds of music therapy tapes on the market.

Just beware of listening to super-loud music over a long period of time. It can permanently harm your hearing. In addition, heavy rhythmic music like "heavy metal" can cause hypertension and, therefore, is bad for the heart. As volume exceeds 80 decibels, the stomach and intestines operate more slowly, and this can lead to indigestion.



Dr. Alfred Tomatis, a noted French researcher into hearing, music and healing, says that the ideal music for healing is the violin concerti of Mozart, Gregorian chants and the music of jazz trumpeter, Louis Armstrong.

Here's an interesting side

note: Dr. Tomatis also discovered that when the monks at the Abbey of St. Pierre de Solesmes changed their lifestyle from a life of chanting to a life of silence, many became physically ill. Dr. Tomatis reintroduced the chants into the monks' daily ritual and they were restored to health. In fact, the monks' chants have been made into top selling recordings.

So, keep on listening to music.

Laine Waggoner is a pre-licensed Marriage Family Therapist under supervision of Morbrook Institute, Camarillo.

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YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (May - July 23, 1999)

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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. Every gift will be promptly acknowledged. All donations are tax-deductible. Please make checks payable to **CAREGIVERS**. Call us at 658-8530 for more details.

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Maternal Logic (Belatedly in honor of Mother's Day)

- My mother taught me LOGIC...
"If you fall off that swing and break your neck, you can't go to the store with me."
- My mother taught me MEDICINE...
"If you don't stop crossing your eyes, they're going to freeze that way."
- My mother taught me TO THINK AHEAD...
"If you don't pass your spelling test, you'll never get a good job!"
- My mother taught me ESP...
"Put your sweater on; don't you think that I know when you're cold?"
- My mother taught me TO MEET A CHALLENGE...
"What were you thinking? Answer me when I talk to you...Don't talk back to me!"
- My mother taught me HUMOR...
"When that lawn mower cuts off your toes, don't come running to me."
- My mother taught me how to BECOME AN ADULT...
"If you don't eat your vegetables, you'll never grow up."
- My mother taught me about SEX...
"How do you think you got here?"
- My mother taught me about GENETICS...
"You are just like your father!"
- My mother taught me about my ROOTS...
"Do you think you were born in a barn?"
- My mother taught me about the WISDOM OF AGE...
"When you get to be my age, you will understand."
- My mother taught me about ANTICIPATION...
"Just wait till your father gets home."
- My mother taught me about RECEIVING...
"You're going to get it when we get home."
- And the all time favorite thing my mother taught me—
JUSTICE...
"One day you will have kids, and I hope they turn out just like you. Then you'll see what it's like."

Santa Paula CAREGIVERS Has Moved (Again)

The Santa Paula office has moved once again. It is now located at 126 North 8th Street in the offices of attorney C. Russell King.

Program director Cecilia Ollivares is in Mondays, Wednesdays and Thursdays from 9 a.m. until noon. The telephone number is 525-5006.

Help Desperately Needed

Would you like to...

- Give service to your community?
- Have a rewarding volunteer experience?
- Use your talents and abilities to help an elderly person?
- Make a new friend?
- Be free to set your own hours of service?
- Work independently but with plenty of support?
- Be challenged and greatly appreciated?
- Feel good about yourself?

Call CAREGIVERS at 658-8530 to find out about volunteer opportunities. We need you!

Foundation Grants

The Swift Memorial Health Care Foundation has recently awarded us a grant of \$5,000 for continued support of our Santa Paula program. We are very grateful to the Foundation for their assistance since 1987.



Special Thanks to Special People

...to **Jim Barker** for the donation of a Power Macintosh computer that will allow us to connect to the Internet.

...to **Sherry Lyons** from the CPA firm of Vance, Thrift & Biller, who volunteers her time each month to prepare our financial statements.

...to **Norm Weitzel** and **Joe Stormont** for moving our Santa Paula office.

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

Coming Events:

Volunteer Recognition Dinner

Sunday, Oct. 17, 4 P.M.
Poinsettia Pavilion, Ventura

Board Meetings

Thursdays 7:00 A.M.
Aug. 19, Sept. 16, Oct 21
CAREGIVERS Office

The Hollywood Connection
Lincoln Mayorga Piano Concert
Sunday, Sept. 26, 3 P.M.
Church of Religious Science
101 S. Laurel, Ventura
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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, Ventura; First Presbyterian Church, Santa Paula; and the Aid Association for Lutherans.

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