



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Summer 2001

Volume 18, Number 2

How to Save Yourself!

Let's say it's 6:17 p.m. and you're driving home (alone of course) after an unusually hard day on the job. Not only was the workload extraordinarily heavy, you also had a disagreement with your boss, and no matter how hard you tried he just wouldn't see your side of the situation. You're really upset and the more you think about it the more uptight you become.

All of a sudden you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home, unfortunately you don't know if you'll be able to make it that far. What can you do?

You've been trained in CPR but the guy that taught the course neglected to tell you how to perform it on yourself.

How to Survive a Heart Attack When Alone

Many people are alone when they suffer a heart attack, what can you do?

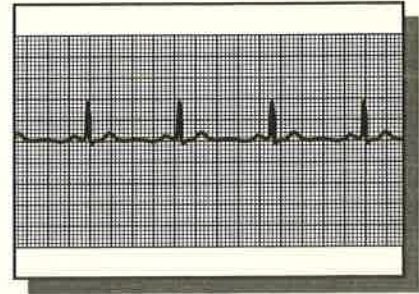
Without help a person whose heart stops beating properly begins to feel faint and has about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing move-



ments squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a phone and, between breaths, call for help. You'll be giving yourself CPR with this technique.

Tell as many other people as possible about this, it could save their life! ♥

The above was taken from Health Cares, Rochester General Hospital via Chapter 240's newsletter AND THE BEAT GOES ON... (reprint from The Mended Hearts, Inc. publication, Heart Response)



CAREGIVERS Receives L.A. Times Award

CAREGIVERS is honored to have been one of five non-profit organizations selected by the Los Angeles Times Valley and Ventura County Editions with a Community Partnership Award in the amount of \$5,000 to support our work with frail, homebound seniors in Ventura County. This prestigious award was presented to CAREGIVERS' Board Chair, Judy Frazier at an awards luncheon hosted by the Times at their Chatsworth facility on June 6. Judy was joined by CAREGIVERS' Vice-Chair, Norm Weitzel; Board member Andy Killion; and Executive Director, Barbara Weinberg. It was inspiring to be in the company of the other wonderful awardees and volunteers. Our heartfelt thanks to the Los Angeles Times for its recognition and generosity. ♥

Volunteers— Where Are You?

by Carol Basralian

A volunteer," the dictionary simply states, "is a person who willingly and voluntarily performs a service without pay for an undertaking."

But volunteers are so much more. This country, state, county and city could not run successfully without volunteers. They come in all shapes and sizes. Volunteers in our CAREGIVERS program are incredibly diverse. They are from every ethnic background, race, life style, age and religion.

CAREGIVERS has been successfully matching elders and volunteers for the past 17 years. I find it wonderful that every human being has a special skill or ability to give another person. Because of our emphasis on a "one-on-one" personal match, a wonderful giving and receiving relationship develops that is satisfying to both the volunteer and elderly person served. Hopefully, CAREGIVERS will be available to benefit seniors for many years to come.

We desperately need these special people—these volunteers who want to make a difference. It is so heartbreaking to constantly add to the mounting pile of intake sheets of elders desperate for some type of help when we have no volunteer available to help them.

Why CAREGIVERS is needed

When elders call CAREGIVERS they often have no family members nearby or anywhere at all. Many have outlived their own children. Sometimes neighbors try to help them, but they burn out if they are constantly called upon to help.

However, when you volunteer through CAREGIVERS, we ask no more than 2 to 4 hours of your time once a week. And, most important, you receive all the support you need from our staff if you are concerned about anything related to your volunteering.

Some of our seniors just need someone they can count on to visit every week. Many need transportation to a store to buy food or medications. Even though they have physical problems, they still want to personally go

to the supermarket.

Our frail seniors are reluctant to ride a regular bus or SCAT van because they need someone's arm to steady them. How can they possibly navigate the maze of doors, steps and stoops they encounter on curbs and in buildings when they have arthritis, visual problems or other physical problems which make them unsteady on their feet or require walkers or canes? CAREGIVERS tries to transport them to all of their medical appointments too, if we have a volunteer available.

The seniors that have a CAREGIVERS volunteer are truly grateful for the assistance they receive when they need to leave their homes. Our volunteers help them out of their residences, in and out of cars and into the stores or medical buildings, elevators, etc.

Volunteer drivers are also needed

In order to assist the seniors on our rolls who do not have a regular CAREGIVERS volunteer, we have 10 emergency drivers.

They sign up to drive our seniors to and from their various appointments approximately twice a month.

We are so fortunate to have these people, but we could use another 10 to 20 drivers who can volunteer when needed.

Our growing population of elders

According to the U. S. Department of Health and Human Services in Washington, D.C., we have 34 million aging Americans, or one in eight, who are age 65 or older. Three out of five are women. Over the next 35 years, the 65-and-over population will more than double, while the number of persons aged 85 and over will triple. This is a staggering growth.

The current average life expectancy at birth is now 79 years for women and 72 years for men. Since women have a longer life expectancy than men and also tend to marry men older than themselves, 7 out of 10 "baby boom" women will outlive their husbands. Consequently, many can expect to be widowed for 15 to 20 years. Today at CAREGIVERS, 80 percent of the frail elders we help are widows.

Think about this: If you get up in the morning with little or no pain, what a blessing that is! And, try to imagine the loss of freedom many homebound elders



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face every day. When your car is taken away for repairs—even for a day—aren't you just lost? How lucky we are to be able to drive anywhere, anytime!

How you can help

If you would like to be a CAREGIVERS volunteer, we would love to hear from you and welcome you with open arms. Please call me at (805) 658-8530.

If you are already a CAREGIVERS volunteer, please tell your friends about us. We have pamphlets that explain in detail who we are and what we do. Drop by the office to pick up as many as you like. Or phone me and I will mail one to anyone you suggest. Also, when you are finished reading this newsletter, please pass it on to a prospective volunteer.

Together, we can all continue to play a vital role in the well-being of our fellow homebound seniors. ♥

Thanks

OUR DEEPEST THANKS

All of us at CAREGIVERS thank the many volunteers, individuals, foundations, organizations and businesses who gave generous financial contributions this past fiscal year.

Your support made life-changing differences for 333 isolated, homebound seniors in Ventura County. These seniors, who might otherwise have been placed in an impersonal institution, were able to stay in the comfort and security of their own homes, continue to live independently and enjoy the caring companionship of a CAREGIVERS volunteer. Your continuing support is crucial to our program's success.

If you can increase your gift, this will help us to expand our services to many more who need them. Your caring about others in need and your generosity at any level, is very deeply appreciated. Thank you. ♥

Executive Director's Message by Barbara Weinberg

Support Our New Youth Program

I hope you are enjoying a great summer! At CAREGIVERS we have been very busy with some exciting new plans to help increase our services to the many homebound seniors in our county who desperately need them. We are now in the planning stages of a new Youth Program and will be partnering with St. Bonaventura High School. It would provide seniors some additional help with such chores as yard work, errands and minor repairs. Students could also help the many seniors who are registered with us, but who are not yet matched with their own regular volunteer. We believe that this program will provide many benefits to both seniors and students and will help to break down some of the barriers that sometimes exist between generations. We will keep you informed as planning progresses. Your contributions and support will be greatly needed and deeply appreciated. ♥



SAM MARTINEZ, RCP
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YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (April - June, 2001)

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IN MEMORY OF...

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 By Ben & Kay Peterson
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 By Alan & Barbara Nourie

IN HONOR OF...

All those who contribute their time
 to people like myself.
 By Marge Martin
 Martha & Wayne Dugan
 By Walter Clark
 Joan Dzuri's Birthday
 By Bob and Ginny Camarillo
 Vanessa Mae Fleur
 By Robert & Sharon Fleur
 Helen Macias
 By Cecilia Macias
 Vally Rumentz
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 Blake Wade
 By Arc & Lois Wade
 Irene Waldo
 For Mother's Day
 By Bob and Ginny Camarillo
 Nina and Pop Volpe
 By Judy and Steve Garthwaite

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.

**Vehicle donations
 help our cause!**



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

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Caregivers Receives Grant For Santa Paula Program

CAREGIVERS extends its heartfelt thanks to the Swift Memorial Health Care Foundation for its generous support of our Santa Paula/Fillmore program. A grant award of \$7,000 was presented to Board Chairman, Norm Weitzel at a ceremony which was held at the Pacific Corinthian Yacht Club on July 12th. The Swift Memorial Health Care Foundation awards grants to organizations involved in providing health care services to residents of Ventura County, as well as scholarships to students entering health care fields. The Foundation has supported CAREGIVERS' program since 1987.

Welcome to Leslie Fair, New Board Member



We are delighted to welcome Leslie Fair, owner of Fair Consulting, Inc. to our Board of Directors. Leslie has created, built and sustained a successful Ventura information technology consulting firm. She has also been a dedicated supporter of CAREGIVERS for over two years, first as a sponsor of our 1999/2000 "Wearin' O' the Green" Golf Tournament banquet and as the title sponsor of our 2000/2001 tournament. Leslie is a dynamic member of our golf tournament committee and, for the past year, she has also served on the CAREGIVERS Advisory Board. For fun, Leslie is also involved with co-ed, women's and girls' Little League softball teams. ♥

CAREGIVERS' VOLUNTEERS OUTDO THEMSELVES !

Our dedicated volunteers provided 46,200 hours of free in-home support and 94,000 miles of donated transportation for 333 frail, homebound seniors during fiscal year, July 1, 2000 through June 30, 2001! ♥



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

CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

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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 neighborly 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 support 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; Ventura County Church of Religious Science; and the Aid Association for Lutherans.

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