



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Summer 2002

Volume 19, Number 2

Benefits of Strength Training for Older Adults

One of the biggest concerns many older adults have about aging revolves around the various aspects of maintaining their independence. The fear of being a burden on friends or family members certainly is one of these aspects. Another aspect is the fear that the quality of life will be lost as aging progresses. Because the number of older persons continues to grow worldwide, efforts have been initiated to preserve their independence through physical activity such as strength training. This seemingly simplistic approach has been supported by the results of numerous studies that have demonstrated that a substantial part of the age-related decline in functional capabilities is not due to aging *per se* but to decreased and insufficient physical activity. The loss of



muscle strength and tone contributes to many common problems experienced by older adults, such as poor balance, falling, difficulty in walking, rising from a chair, bone loss, and injuries due to a fall. Aging accounts for some systematic loss of muscle tissue, but inactivity, exaggerates this loss and causes further muscle atrophy or loss of muscle mass. With this in mind, strength training has particular benefits for older adults.

♥ Strength training can build muscles and increase strength which is important in daily activities, such as: rising from a chair, walking with a normal stride, reacting to changes in walking surfaces, carrying groceries or a grandchild, walking up steps, and getting into and out of a vehicle. Furthermore, many injuries can be pre-

vented by having strong, muscular control of joints such as the hip, knee, ankle, and shoulder.

♥ Strength training can protect the older adult from bone loss that too often results in disabling fractures such as in the hip and spine. In strength training, muscles place an additional load upon the bones to which they are attached. The bones respond to this increased loading by initiating more bone-building activity. Prevention of osteoporosis and bone fractures is a major concern as people live longer.

♥ Strength training can improve balance that declines with aging. By strengthening the muscles of the legs, feet and ankles, as well as the trunk, adjustments to terrain or changes in body position can be accommodated more readily. This decreases falls and possibility of injury.

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Spotlighting Leslie Vega

One of our many volunteers extraordinaire

By Marion Holzwarth, Youth Coordinator

Leslie Vega, the fourth of five children of Joseph and Maria Vega of Santa Paula, recently graduated from St. Bonaventure High School and will be attending Ventura College this fall. She has plans to transfer to a university to further her education, leading to her goal of becoming a veterinarian.

Although Leslie is over 18 and has completed high school, she has chosen to continue volunteering with the CAREGIVERS' "Building Bridges" Intergenerational Program.

When Leslie began Bonaventure High School, volunteering became part of her life. One requirement to become a member of the California

Scholarship Federation is to work volunteer hours. Quickly she realized, however, that volunteering is an important opportunity to participate in the community and not just a place to put in hours "for the sake of accumulating hours."

Leslie has met many volunteers through her service to local organizations. Those adult volunteers have become role models, solidifying her aspiration to be a lifelong volunteer serving her community. At



CAREGIVERS, she has worked over 38 hours, helping our frail elderly clients with their household chores and yard work.

In addition to her work at CAREGIVERS, Leslie continues to be active with 4-H and is raising a lamb for the fair auction. She will soon be working on a Habitat for Humanity home.

Thank you to all of our volunteers. You not only are ANGELS to those you help, but you also set an example for the youth—our future community volunteers!

♥ Strength training can help control weight. Muscle fibers respond to increased work loads not only by enlarging slightly, but also by burning more calories, which boosts metabolism. If intake of food remains constant, this can gradually reduce fat stores over time.

♥ Strength training can positively affect the body shape and overall muscle tone. Although weight may not change appreciably, a trimmer, more well-toned figure results. Increase in muscle tissue is lean body weight that displaces fat tissue, which, in excess, is a risk factor for many diseases (for example, diabetes and cardiovascular disease).

♥ Strength training can increase energy and activity levels. The stronger an individual is, the more easily he or she can move. Here is the paradox: by using energy to perform strength activities, there is an increase in overall energy available. Older adults who strength train, also see their activity levels increase because they can readily tolerate their energy demands.

♥ Strength training can improve strength, decrease joint pain, and improve sit-to-stand time in older adults with rheumatoid arthritis. Arthritic joints that are painful often result in greatly reduced activity. Muscle atrophy, or muscle loss, exaggerates the ability to move efficiently, compounding the effects of the arthritic condition.

♥ Strength training can revitalize the older adult in a number of ways. First, the improvements in strength translate into improved body image. Second, the increased energy contributes to a more active and healthful lifestyle. Third, strength training like aerobic activity stimulates neurochemical events that produce feelings of well being. Fourth, greater movement efficiency re-establishes self confidence. Fifth, and perhaps most important, these physiological changes, as well as psychological changes, enhance the quality of life.



Aging does not have to be synonymous with helplessness or illness. How well we function in our older years depends more and more on the steps we take to maintain our ability to perform daily tasks efficiently and safely. Strength training for older adults is perhaps one of the most important activities because it contributes to the maintenance of the body's integrity and the ability to *do* the things that make life more meaningful. Independence is an important benefit of a physically active lifestyle. Certainly a positive benefit of engaging in a strength training program is being able to perform various daily and recreational activities.

Older adults who increase muscle strength can perform tasks using fewer muscle fibers than those who have minimal muscle strength. This means having a reserve and a greater resistance to fatigue. Although difficult to scientifically explain, strength training positively affects balance, and may also improve reaction time. Both balance and reaction time are important factors in preventing falls because as equilibrium is lost, slow adjustments result in a fall or injury.



Tangible benefits of strength training are extremely important, but it may be the intangible benefits that bring the most reward. Older adults who gain strength, become more physically active, are trimmer and more toned, gain immense benefits from *feeling good* about themselves. The sense of capa-

bility rather than incapability is a powerful ingredient in the human spirit.

*Rose M. Lyon, Ph.D., Dept. of Kinesiology
California State University, Fresno*

Annual United Way Campaign Kicks Off

On September 14, 2002, United Way will hold its Annual Campaign Kickoff from 11:00 a.m. to 4:00 p.m. at Constitution Park in Camarillo. There will be over 30 information booths, games, food and fun. CAREGIVERS will have a booth at this event, and we urge you all to come and visit. If you would like to volunteer at the booth for a couple of hours, please let us know by calling our office at (805) 658-8530.

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OXYGEN AND MEDICAL EQUIPMENT FOR HOME CARE

Our Sweet Lucile

By Carol Boatner, Director of Volunteers

Native Californian Lucile Ferrie was the youngest of three siblings. She was born November 11, 1916, in Redding, California. After about two years, her mother and father moved the family to Santa Cruz. Lucile later attended Pierce College and during that time met her husband Hal at a dance at a local hotel's big band ballroom. After dating a few years, they were married in Reno, Nevada. Hal was a very adventurous man riding motorcycles and flying airplanes. Eventually, these interests led to his job at Lockheed Aircraft in Burbank. He also worked as a civilian flight instructor during World War II, training men to become pilots for the United States Air Force stationed at 29 Palms. Hal and Lucile lived many places during their marriage, but eventually moved to Ventura in 1962 when Hal retired. They enjoyed a wonderful life together, traveling extensively in Mexico, Guatemala, and Spain until Hal started to get sick.

At the recommendation of a friend, Lucile Ferrie found the number for the CAREGIVERS' program in the senior resource directory in 1997. At that time, Hal needed transportation to his numerous doctors. He had just been through heart surgery and could no longer drive. Various volunteers drove Hal and Lucile to their many doctors' appointments and other places until, unfortunately, Hal died December 3, 1998. They had been married an incredible 63 years! Lucile was devastated, but she carried on. Through the years, she has had myriad age-related physical problems, and two volunteers that have really made a big difference in her life have been Barbara and Jerry Connors.

Fortunately for us, about six years ago, Barbara and Jerry moved from Van Nuys to Ventura. They were married in Monticeto in 1959 and had seven wonderful children, four girls and three boys. They had learned



Barbara Connors

Lucile Ferrie

about CAREGIVERS and the need for volunteers from their Assumption Catholic Church bulletin. Barbara had previously volunteered with the local hospital and Meals on Wheels and had done hospice work in her previous community. Barbara wanted to help us soon after she moved to Ventura. Her husband, Jerry, also signed up to drive seniors to their doctors' appointments when Barbara was not available. When Jerry is not helping us, he is in Los Angeles with a non-profit organization called "Front Line" that feeds homeless people. He also helps out at Project Understanding in Ventura. Barbara says, "I think CAREGIVERS is a wonderful service. Too bad it is not in every city. Both Jerry and I get a lot of satisfaction from helping seniors. We are happy to do it and Lucile is such a doll!"

Along with her beloved home that overlooks the ocean, Lucile treasures her birds and her potted plants. She has innumerable orchid plants. Lucile says, "I don't know how many I have, but it's a lot!" Bird of Paradise, various cacti and many "volunteer plants" miraculously beautify her yard. Just recently she fell down and broke a bone in her leg. She called us to see if someone could just water her potted plants, as she could not go outside to do it. It was a perfect job for our newly-formed "Building Bridges" intergenerational youth program. Youth Coordinator, Marion Holzwarth, scheduled CAREGIVERS' volunteers Jezmine Fuentes, Lauren Mangis, Idoia Posa, Rachel Pleis and Lisette Torres to come to her rescue. They had a great time meeting Lucile. Lucile says, "You

Continued on page 7

Volunteers Needed

It is a challenge to find enough volunteers to fulfill all of the requests for assistance from the homebound seniors in our community. We always have a waiting list of at least 40 older people requesting help. All of our volunteers tell us that they gain so much more fulfillment and rewards from volunteering than the seniors who receive the assistance.

If you have some time to spare—between 2 to 4 hours—just once a week, please call Carol at our office (805) 658-8530. If you cannot make a weekly commitment, but could drive someone to the doctor or dentist occasionally, please also let Carol know.

A Very Special "Thank You" to CAREGIVERS' Compassionate Volunteers

In fiscal year ending June 30, 2002, our inspirational and dedicated volunteers provided 48,751 hours of free in-home services and donated 86,472 miles of transportation for 337 homebound, frail seniors. An outstanding achievement!

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**Your Donations Make it Possible for us to Give a Helping Hand to Those Who Need it.
Thank You! (April 2002 - July 2002)**

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By Jack & Elsie Mendelsohn
Warren & Ardelle Faue
By Les & Judy Vielbig
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By Bob & Ginny Camarillo
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By Norm Weitzel

VEHICLE DONATIONS

Kari K Mathison
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Keith York
Jerry H. Leavitt

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.

Our Heartfelt Thank You to the Following Foundations, Organizations and Businesses for Their Generous Support.

Affinity Bank
Archstone Foundation
Avenue TV Cable
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City National Bank
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Ventura Suburban Kiwanis

Ventura County Deputy
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Weingart Foundation
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Foundation
Wells Fargo Bank
Foundation

Swift Memorial Health Care Foundation Funds Santa Paula/Fillmore Program

Our deepest thanks go to the members of the Board of the Swift Memorial Health Care Foundation for their generous support of our Santa Paula/Fillmore program since 1987. A check in the amount of \$6,700 was presented to Board Chair Ginny Camarillo at a reception at the Pacific Corinthian Yacht Club on July 11th.

The Swift Health Care Memorial Foundation was established in 1984 and was named in recognition and honor of Dr. Floyd J. Swift and his wife, Ida, who both made significant contributions to the quality of life in Ventura County. The Foundation awards grants to organizations providing health care services to residents of Ventura County, and provides scholarships to students entering health care fields.

Thank You to...

Affinity Bank, Ventura

We would like to express our heartfelt thanks to Affinity Bank for its very generous support of CAREGIVERS' programs in the amount of \$8,000 in our last fiscal year. This is a bank with heart, and it truly cares about, and gives back to, the community in which it does business. All of us at CAREGIVERS are so grateful for this support.

The Wells Fargo Bank Foundation

Wells Fargo Bank celebrated its 150th anniversary with a dinner and entertainment at the Four Points Sheraton Hotel on June 7th, 2002.

CAREGIVERS was one of 20 non-profit organizations to receive a \$1,000 check at this dinner. Accepting were Board Chair Ginny Camarillo and Executive Director Barbara Weinberg. The list of non-profits that Wells Fargo Bank supports to improve the quality of life for residents of Ventura County was impressive. We felt privileged to be among them. Wells Fargo Bank Foundation has contributed \$3,000 to support our program during this past fiscal year.

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

Executive Director's Message

by Barbara Weinberg

Hope you are all enjoying the lovely, long days of summer. As the summer season was just beginning, our fiscal year ended on June 30, 2002. As we look back over the year, we are so grateful to our dedicated volunteers who brightened the lives of 337 frail seniors by visiting, telephoning and helping them with household tasks as well as getting seniors to their medical appointments and taking them grocery shopping. Our new student volunteers made a big impact on the lives of our frail, elderly clients. They mopped floors, washed windows, did heavy duty yardwork, helped to pack and unpack boxes of those who moved and did myriad other tasks that seniors could no longer do for themselves. The students brought their energy, enthusiasm and high spirits into the homes of frail seniors and they took away with them the fulfillment of helping others in need and the richness of the experiences and wisdom of the seniors. This is truly a "win-win" situation.

Summer is a very busy time in the CAREGIVERS' office as we write year-end reports for foundations and proposals for new grants to help fund the program during the coming year. Individual financial support is crucial to being able to carry on this program for the ever-growing numbers of seniors who desperately need assistance. With your continued support, we are looking forward to another very successful year in which we can reach out to help many more frail elders in our community. Please know that all of us at CAREGIVERS deeply appreciate your caring and concern.

Board Elects New Leadership

At the June Board meeting, the Board of Directors elected its leaders for the coming year. **Ginny Camarillo** was elected Board Chair. Ginny has served on the Board of CAREGIVER for the past 10 years.

Other CAREGIVERS' officers elected were **Cie Macias**, Vice-Chair, **Keith York**, Treasurer and **Jesse Dunlap**, Secretary.

A sincere thank you to our outgoing Board Officers, **Norm Weitzel**, Chair, and **Andy Killion**, Vice-Chair, who dedicated their time and effort to ensure a successful year for CAREGIVERS.

New Board Member

We are delighted that **Judy Remley** has joined our Board of Directors. Judy first became involved with CAREGIVERS by participating on our Tenth Anniversary "Wearin' o' the Green" Golf Tournament Committee last year. She was a dedicated and hardworking member of that committee. Judy is Association Services Vice President and Business Development Officer at First Bank and Trust in Westlake Village. She moved to California from

Meet Our New Board Chair

Ginny Camarillo

Introduced to CAREGIVERS by a friend, Ginny served as a volunteer for about 2 months while another volunteer and his wife were on vacation. Although she enjoyed the opportunity to provide direct service, her "day job" interfered with her ability to provide assistance during weekday hours when many people have need of transportation to medical appointments and other services. So, in 1992, Ginny became a Board Member.



Ginny has been with the County of Ventura for 16 years and is currently the Assistant to the Director of the Human Services Agency. Her prior position with the County Executive Office involved both budgetary and legislative responsibilities.

She has also worked in Human Resources as an analyst and a trainer for both public and corporate organizations. In her home state of Ohio, she worked as a vocational rehab counselor and as a drug treatment counselor in a Florida prison. Both her Bachelor's and Master's degrees are in the field of Psychology.

Ginny and her husband, Bob, have been in the Ventura area since 1973. Her commitment to the frail elderly evolved from the long distance care-taking she provided for her parents as their health changed over a period of years. Although she visited them frequently, she was not able to provide daily assistance. Ginny felt that, by supporting those seniors nearby who were in a similar circumstance, she could, in some way, generate support for her parents many miles away.

"My parents both lived into their 90's and were fortunate to have the support they needed," Ginny said. "However, many people in their circumstance have no family nearby, or in many cases, no family anywhere. Often our wonderful, dedicated volunteers become family for the people that CAREGIVERS serves. It is imperative that our community recognizes the vital service CAREGIVERS provides."

During her tenure as Chair, Ginny said that she is focused on supporting the Board's mission and increasing community awareness of CAREGIVERS, as well as volunteer and financial support for our "incredibly worthwhile organization."

Continued on page 7

Benefits of Growing Older

1. In a hostage situation, you are likely to be released first.
2. It's harder and harder for sexual harassment charges to stick.
3. Kidnappers are not very interested in you.
4. No one expects you to run into a burning building.
5. People call at 9:00 PM and ask, "Did I wake you?"
6. People no longer view you as a hypochondriac.
7. There's nothing left to learn the hard way.
8. Things you buy now won't wear out.
9. You can buy a compass for the dash of your car.
10. You can eat dinner at 4:00 PM.
11. You can live without sex but not without glasses.
12. You can't remember the last time you lay on the floor to watch TV.
13. You consider coffee one of the most important things in life.
14. You constantly talk about the price of gasoline.
15. You enjoy hearing about other people's operations.
16. You get into a heated argument about pension plans.
17. You got cable TV for the weather channel.
18. You have a party and the neighbors don't even realize it.
19. You no longer think of speed limits as a challenge.
20. You quit trying to hold your stomach in, no matter who walks into the room.
21. You send money to PBS.
22. You sing along with the elevator music.
23. You talk about "good grass," and you're referring to someone's lawn.
24. Your arms are almost too short to read the newspaper.
25. Your back goes out more than you do.
26. Your ears are hairier than your head.
27. Your eyes won't get much worse.
28. Your investment in health insurance is finally beginning to pay off.
29. Your joints are more accurate than the National Weather Service.
30. Your secrets are safe with your friends because they can't remember them either.
31. Your supply of brain cells is finally down to a manageable size.



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know all of your friends die off as we age, and I am so *fortunate* to have an organization like yours to rely on. Those young people were so wonderful to take the time out of their busy lives to help me. I can't express my gratitude enough for all of the help that has been given to me through the years and you know how much my precious flowers mean to me and of course, my sweet Barbara. She's just an angel!"

CAREGIVERS wants to thank every volunteer that has ever helped Lucille and Hal and people like them. By your service, each and every one of you has kept alive the mission of CAREGIVERS that was established in 1984 by Sisters Patricia Callahan and Veronica Maloney.

Volunteer Recognition Dinner

A Recognition Dinner to "thank" all of our wonderful volunteers is scheduled for Sunday, October 6, 2002, from 4-7 p.m. Aegis of Ventura is underwriting this event, including the entertainment. Marina Rotary will again donate and prepare a delicious BBQ dinner.

Major Donor Reception Held on May 17

A reception was held at the lovely Ventura Yacht Club for CAREGIVERS' major donors. The evening was hosted by Board Member Andy Killion and his wife, Tina. Wine was donated by Aegis Assisted Living and hors d'oeuvres were underwritten by Andy Killion and Norm Weitzel. Board Member Cie Macias supplied the soft drinks and water. Ventura County Supervisor, Steve Bennett, took time from his busy schedule to attend and talk about his support for CAREGIVERS.

It was a heartwarming evening in which our major donors were able to meet some of our Board Members and hear, firsthand, from seniors Carmella Salvatore and Phyllis Kozel about the significant impact that CAREGIVERS has made on their lives. Volunteers Anna Dato and Mary Kay Kaufman spoke movingly about how much they gain from volunteering in the CAREGIVERS program; and our new student volunteers, Rachel Pleis and Jezmin Fuentes described the fulfillment they experience from helping frail, homebound seniors. The students described the understanding they have gained about the plight of homebound seniors since working in the CAREGIVERS program. They both expressed the surprise they felt at how much a little thing like changing the sheets and making the bed meant to a frail senior. As they both said, seeing a grateful smile on the face of a senior was a tremendous reward and motivated them to do more. All of the volunteers said that they gain more from the experience than those they are assisting. There wasn't a dry eye in the room at the end of the presentation!

Save the Date - March 17, 2003 St. Patrick's Day Golf Tournament



CAREGIVERS' 11th Annual "Wearin' o' the Green" Golf Tournament will return to the beautiful Spanish Hills Golf and Country Club for a day of golf, fun contests, great prizes, live auction and a delicious Irish dinner. We sold out to a full complement of 144 golfers last year and we are looking forward to seeing all of you back again on March 17th.

Adopt-A-Poll Fundraising Program

The County of Ventura, Elections Division, is recruiting volunteers to manage the polls during the upcoming November General Election. To make their recruiting more successful and to assist non-profit organizations to raise some funds, the Elections Division will donate \$285 to each organization that "adopts" a four-person poll. Polls are open from 7 a.m. to 8 p.m. However, they request that volunteers arrive 45 minutes early. One of the four people needs to be the Inspector, who is in charge of the poll and ensures its continuity. Although polls close at 8 p.m., it takes approximately an hour-and-a-half to count the ballots and clean up. If people want to work shorter shifts, then 12 volunteers would be needed to manage one poll. However, the Inspector must be there the entire day. If you are interested, please call our office and let us know.

Donation Request

CAREGIVERS can collect an average of \$5 per unit or more, depending on the condition, for recycling used inkjet, laser and copier cartridges. If you can donate these used items, in their original boxes, please turn them into our office, or call our office, (805) 658-8530, to arrange a pick up. Thank you.

BOARD NEWS - Continued from page 5

Columbus, Ohio in 1969. She is married to P. E. "Skip" Remley, Financial Advisor with New York Life Insurance. They have been married for 35 years. Judy is the mother of one daughter, Tiffany, and has two grandchildren: Kyle, 10 years old and Jessica, 7 years old. Judy has been in banking for the past 28 years. We are so fortunate to have Judy join the CAREGIVERS' family as a member of the Board of Directors.

Coming Events:

CAREGIVERS Board Meetings

Fourth Thursday of each
month 7:30 a.m.

United Way Campaign Kickoff

September 14, 2002
(see page 2)

Volunteer Recognition BBQ Dinner

October 6, 2002
(see page 7)



11th Annual "Wearin' o' the Green" Golf Tournament

March 17, 2003
Spanish Hills Country Club
(see page 7)

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 was founded by the Sisters of St. Joseph of Carondelet in collaboration with 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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