



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Summer 2004

Volume 21, Number 2

CAREGIVERS Celebrates 20 Years of Service to Ventura County

We are very proud to be celebrating our 20th Anniversary this year and delighted that, in April 2004, in honor of our Anniversary, our work was recognized with Proclamations by the County Board of Supervisors and the City Councils of Ventura, Santa Paula and Fillmore.

CAREGIVERS has survived some very difficult times over the past 20 years. We are so grateful to the hundreds of individual contributors, businesses, corporations, foundations, religious institutions and other organizations that have been instrumental in helping CAREGIVERS to take root and grow in our community.



CAREGIVERS receives proclamation for 20 years of service to Ventura County. Left to Right: Keith York, Treasurer; Ginny Camarillo, Chair; Jewell Buicher, CAREGIVERS client; Barbara Weinberg, Executive Director and Supervisor Steve Bennett.

We are indebted to the Sisters of Saint Joseph of Carondelet for recognizing the plight of the frail, homebound elderly in Ventura County 20 years ago, and for the dedication and great effort that it took on the part of Sister Veronica Maloney and Sister

Patricia Callahan to get CAREGIVERS "off the ground." These Sisters reached out to the larger community to bring in churches, synagogues, service organizations and others to create an interfaith, non-profit organization, which we all now know as CAREGIVERS Volunteers Assisting the Elderly.

None of our work would have been possible without the

more than 1,000 wonderful, compassionate people who have volunteered with CAREGIVERS over the past 20 years. Since 1984, when our program began, these volunteers have helped over 2,000 frail, homebound elders

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The Transformation Of Wally

By Carol Boatner, Director of Volunteers

CAREGIVERS received a call from a County social worker regarding a man that was in need of some help. 67 year old, Wally Lizer had been shuffled around from place to place in various nursing homes out of our County. He had suffered two or three strokes leaving him paralyzed on his left side and in a wheelchair. He originally had lived in Ventura, and fought to get his independence back and to move into an apartment locally. He finally made it.

Before the stroke and various health problems, Wally was employed by GTE, retiring in 1993. Then, he started a new career. He became a security guard for various companies finally working for Brinks. Unfortunately, his health deteriorated and his marriage broke up and he found himself in his present predicament.

Wally was relatively mobile in his electric wheelchair, but needed lots of services. In addition, various people seemed to gravitate to his apartment and take advantage of him and his condition. When we discovered this, we immediately called Adult

Protective Services who counseled him and helped alleviate the problems he was having. OASIS, Catholic Charities also helped Wally at various times with bath packages and other assistance that were wonderful and very much appreciated. However, when we got involved in the Spring of 2003, Wally was rather despondent. We searched and prayed for a male volunteer who could cheer him up, help him with his various problems and be his friend. One of his big frustrations was that he had a computer that did not work. He

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with non-professional, in-home assistance and transportation, Their kindness and caring, often over many years, helped frail elders to remain living in the comfort and security of their own homes instead of being placed, prematurely, into board and care facilities.

Many of our elderly clients tell us that their volunteer *is like a daughter* to them. And that CAREGIVERS is a *lifesaver* or a *godsend* to them. And that "they have no-one else to turn to." Because of the wonderful support we receive from the community, all of CAREGIVERS services are provided totally free of charge.

Since February 2002, we have been able to augment our services to homebound seniors with the assistance of our dedicated, enthusiastic high school student volunteers. These students bring their energy, sense of fun and joy into the homes of our seniors and, as one of our seniors said *they bring sunshine into my lonely life.*



Jewell Butcher tells the Board of Supervisors how she has benefited from CAREGIVERS service.

Requests for help come into our office from all over the Country from people who have a loved one in need of assistance in Ventura County. Many of these calls are critical and need immediate attention. Callers are so grateful to hear a human voice at CAREGIVERS. They can discuss their problems and get help finding the appropriate agency to assist them.

Every day, at CAREGIVERS office, we hear, first hand, about the amazing impact our program is having on the lives of our homebound clients. There are so many wonderful and uplifting stories as you will see from the article about Wally written by our Director of Volunteers, Carol Boatner.

Again, we thank you all for your support and, with your continued help, we look forward to the next 20 years of assisting the frail, elderly in our community.

Highlights from the...Building Bridges Intergenerational Program

By Marion Holzwarth, Youth Coordinator

Another school year has just flown by. We have greeted this summer with a shortened schedule, due to a smaller group of students available to volunteer.

Although busy with summer school, vacations and special training sessions a group of our students are like the energizing bunny; busily vacuuming, changing sheets, picking avocados and plums, raking, mopping floors and sharing stories with the frail homebound person they visit! Our summer program has volunteer students from St. Bonaventure, Buena, Foothill Technology Ventura, and Villanova High Schools who all live in Ventura.

For the 2003/04 school year the students made 432 visits to 40 frail elders, earning 865 volunteer hours.

Safety in Your Home....

Last March the students held another hazardous waste clean-up project. They collected 60 gallons of paint, 7 quarts of oil, 35 pounds of non liquid pesticides and poisons and a large coffee can filled with used batteries. All of the items were safely delivered to the Gold Coast Transfer Station. Every March we will sponsor an *Annual Hazardous Waste Clean-up Day* as part of CAREGIVERS student program.

**Please Join us in
Celebration of our
20th Anniversary!**

**October 17, 2004
4:00 p.m. to 7:00 p.m.
Poinsettia Pavilion**

**See enclosed insert
for more information
about how you can be
a part of this grand
event.**

Executive Director's Message

By Barbara Weinberg

2003-2004 has been an exciting year at CAREGIVERS as we celebrate our 20 years of service to frail, homebound elders in our County. Each year, over 300 homebound elders are helped to get to their medical appointments, grocery shopping and other important errands. Their lives are turned around from depression and despair by the caring and compassion of our inspirational volunteers who visit, telephone, help with household chores and provide greatly needed companionship and reassurance. Now, our student volunteers bring their high energy and joy into their homes, as well, assisting them with so many tasks that they can no longer do for themselves.

The "Building Bridges" program has flourished over this past year, with over 100 high school students participating from five high schools in Ventura. It is inspiring to see these young people so motivated and imbued with the joy of volunteering. Who would have thought that teenagers would spend their precious free time mopping floors, cleaning appliances, changing bed sheets, cleaning out garages, pulling weeds, pruning trees, organizing clutter and providing hundreds of other needed tasks. Not only do they do these tasks, but they do them gladly and

come back to do even more. The teens tell us that CAREGIVERS has made them into more *compassionate and caring people*. They have a *new respect* for the elderly and that they realize, despite the age differences, *they have a lot in common*.

During this year, with funds from the Times Mirror Foundation, we were thrilled to be able to purchase an 8 passenger mini-van to transport the students and all of their cleaning and gardening gear, plus, of course, their books, backpacks and other items. Marion Holzwarth, our Youth Coordinator, had generously used her own vehicle for the program over the past two years and it was showing the wear and tear. We are so grateful to the Times Mirror Foundation for recognizing this important need and to Shane Morger at Bunnin 101 for going to great lengths to find the exact right vehicle for us, at a good price.

As I am sure you all know, there are serious cuts in government programs for the elderly in our County, making CAREGIVERS free services more vital than ever. We need your continued support to assist seniors who do not have the resources to pay for the help they so desperately need and to prevent them from being placed, unnecessarily, into an institution. Thank you and, with your continued support, I look forward to another successful year of growth in 2004-2005.

48,936 Hours of Assistance and 83,720 hours of
Transportation donated by CAREGIVERS Volunteers

Thank
You

A heartfelt "thank you" to all of our wonderful volunteers who have made such a difference in the lives of 343 homebound seniors this past (fiscal) year. You have driven seniors to their medical appointments, grocery shopping and other errands. And have generously given your time visiting, helping in the home, telephoning and providing companionship, reassurance and hope for so many isolated elders in our County.

Our volunteers tell us that volunteering for CAREGIVERS is a very rewarding experience. If you have two to four hours a week that you could donate to help a homebound, isolated senior, or if you can drive someone to a medical appointment, please call our Director of Volunteers, Carol Boatner at (805) 658-8530.

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Set Sail for the 3rd Annual SAILATHON



The Third Annual SAILATHON will be held on Sunday, October 3, 2004 off the Ventura Pier in Pierpont Bay.

This event, the only one of its kind in Ventura County, is non-competitive and is open to all sailors interested in raising money for CAREGIVERS while enjoying a fun-filled day with friends and family.

It operates under the following premise: boat owners register with CAREGIVERS and receive a packet of materials to be used to solicit their friends, families and business associates. They can either sponsor the boat by lap or contribute a flat donation. The boats that raise the most money win fantastic prizes! There will also be prizes for boats that sail the most laps. Last year we doubled the number of boats and the amount of money we raised the previous year.

This year there will be a friendly challenge between different yacht clubs in the area. The club that raises the most funds takes home a "perpetual" trophy.

For more information call CAREGIVERS at (805) 658-8530 or email sailathon@vccaregivers.org.

A Wonderful Gift for Staff at CAREGIVERS

Heartfelt "thank yous" to Jim Boatner, husband of our own Carol, from Barbara, Carol, Maureen and Susan for so generously purchasing a brand new refrigerator for our office to replace the more than 20-year-old, tiny box we were using. In order to accommodate the new fridge, Jim custom built shelving, so that we could continue to make our own coffee and also plug in the refrigerator. We are all enjoying it immensely. Thank you so much Jim!

A Special "Thank You" to the Swift Memorial Health Care Foundation.

A generous grant of \$7,500 was awarded to CAREGIVERS at a reception at the Pacific Corinthian Yacht Club on July 8, 2004. These funds will be used to support our program for the frail elderly in Santa Paula. We are so grateful to the Foundation for their generous support since 1987.

The Swift Memorial Health Care Foundation was established in 1984. It 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.

Keeping in Touch with Technology

CAREGIVERS has made several technological advances thanks to Board members Ron Willis and Keith York and Jason Louwerens of Phaze-4 Media. In early April, Keith and Ron worked tirelessly through an entire weekend installing DSL in our office so that each staff member could have their own email and Internet access. With our prior service, only one person at a time had access to the Internet, a very inconvenient and time-consuming process.



Jason provided invaluable advice and assistance in establishing our own domain name, selecting a web hosting company and moving our old website to its new location: vccaregivers.org. Be on the lookout for major changes over the next several months as Jason helps staff members design the "new and improved" website.

Without the help of these talented individuals, who generously donate their time and expertise on an ongoing basis, we would still be living in...the last millennium. Thanks Again!

Board Elects Slate of Officers for 2004-2005

At the June 2004 meeting, the Board of Directors elected their leaders for the coming year. The Board elected Cie Macias, Chair; Judy Remley, Vice-Chair; Ginny Camarillo, Secretary and Keith York, Treasurer

The Board thanked Ginny Camarillo for her dedicated leadership as Chair of the Board over the past two years.

Under the new leadership of Cie Macias, the board is hard at work to ensure another year of successful growth for CAREGIVERS. To discuss their hopes and dreams for the future of CAREGIVERS over the next two to five years, a Board Retreat has been scheduled in August and September, 2004.

CUSTOM AWARDS & ENGRAVING



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A Grand Time To Remember - Mother's And Father's Day Campaign

We are grateful to all those who contributed to this Campaign to honor, memorialize and congratulate their loved ones. This year, donors had an opportunity to make a unique tribute to their loved ones by recognizing them on the 26 screens at the two Century Theaters in Ventura in addition to their recognition in our Summer newsletter. Our deep thanks to all of our following contributors to the Campaign:

IN HONOR OF

Jeanne Bray
By Bernadine Gross
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By Norm Weitzel
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By Michele Camarillo Kipp
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Mark and Jackie Lang

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

Wally from page 1

wanted to communicate by e-mail with his only daughter, Pamela, and his four grandchildren living in Simi Valley. There were many telephone calls back and forth between the office and Mr. Lizer in the weeks following our assessment of his situation.

Finally, the miracle happened. We were so fortunate to have Don Dier walk in and volunteer his services. He was watching our local TV Channel 6, when the plea for volunteers flashed across the screen. At this time, Don was in between jobs and kindly offered to help someone in need. It was decided that Don would call Wally, run errands for him and help with his household chores.

Don decided that he could handle the wheelchair and Wally and graciously took him to Target and Vons grocery store. That would be the first of many excursions for this duo. After traveling to computer stores in Ventura, Oxnard and Camarillo, Wally bought some equipment that finally got his computer up and running correctly. Also, upon Wally's recommendation, Don bought a particular computer for himself at the same time.

With the confidence of his friend and volunteer, Wally started to blossom. He has always been fascinated with the martial arts and started calling various places to ask if he could join a class. No one would even ask him to drop by until he called Reynosa Sensei, who runs the Makoto Dojo School of Aikido on Telegraph Road. Reynosa said, "Come on in and we will give it a try!" The meeting was very successful and Don and Wally eagerly showed me the various movements that he has learned to defend

himself. In addition, Reynosa made him a carrier for the "Jo" stick so that Wally can have it with him at all times when he travels alone in his motorized wheelchair all around the City of Ventura.

Wally has also made himself available to help with registration during any Election Day at the local senior center. In addition, he now has a part-time job with United Blood Services as a tele-recruiter. He happily calls people to make their appointment to donate blood. He travels to and from that job by SCAT access.

Wally says, "I am so lucky to have Don and his wife, Chris in my life. I have been invited to their home during the holidays and at other times of the year. That is one of the best things that has happened to me. I would be in big trouble without them." Wally has "Lifeline" now and Don is his first responder to that safety system in his apartment.

CAREGIVERS volunteer Don says, "I have learned a lot from being around Wally. He is an intelligent fellow. It was a big surprise to me that by helping just a little bit it could be so enjoyable for both of us. He's been an inspiration to me

in my job search. I am working for Lockheed now and Wally encouraged me all the way when I enrolled in computer school. He's my cheerleader when I am supposed to be his!"

No one can purchase the gift of friendship and caring in any store. It is the human condition that is shared by two compatible people. CAREGIVERS has watched this wonderful interaction between a volunteer and an elder-in-need for 20 years now and it's always a joy when each participant in this "dance of life" is happy and fulfilled.



Wally Lizer and Don Dier "just having fun."



SAM MARTINEZ, RCP
GENERAL MANAGER

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CAREGIVERS Welcomes Two New Board Members

Mel Sheeler, Owner, Sheeler Moving and Storage. Mel has been a strong supporter of CAREGIVERS for many years and serves on our Annual "Wearin' o' the Green" Golf Tournament Committee. In 2003, Mel was one of five Ventura County citizens to be the recipient of a Jefferson Award for exceptional service to our community. Mel has been a member of the Kiwanis Club of East Ventura for 37 years and is a founding member of the Ventura Chamber Festival and the Rubicon Theater.

Among his many other involvements, Mel has served on the board of the American Heart Association and American Cancer Society. He has been honored by the Ventura Chamber of Commerce as Citizen of the Year in 2002 and has received two Medallion Awards for his years of service to the Boys and Girls Clubs. Mel's wish is to further the work of CAREGIVERS

in honor and memory of his dear friend, Rod Brown, who died in 2003. Rod was a long-time (and very missed) member of the CAREGIVERS Board of Directors.

Ann Romero is the Vice President and Manager of Wells Fargo Bank, Ventura. Ann has been a staunch supporter of CAREGIVERS program over the past several years. Ann enjoys working with many local non-profit organizations. Her interests range from senior concerns to education K through 12. She has served on various committees and boards including the Alzheimer's Association, Ventura Education Partnership, Ventura Music Festival and M.E.S.A. Advisory Board. Ann has been with Wells Fargo Bank for 36 years. She has three children and two granddaughters. Ann is concerned about the needs of our growing senior population and wants to help CAREGIVERS grow to meet those needs. We are delighted to welcome Mel and Ann to our Board.

Many Thanks to the "Wearin' o' the Green" 2004 Golf Tournament Sponsors



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CAREGIVERS Welcomes New Advisory Board Member

We are delighted that Shane Morger has agreed to serve on our Advisory Board. Shane is a twenty-year Ventura resident who moved here from Montana. He is a former account executive for KEYT-TV, and VP for sales and marketing for KADY-TV. Shane now heads up the public relations for the Bunnin Auto Group that includes Bunnin GMC-Buick-Pontiac-Cadillac in the Oxnard Auto Center, newly acquired Saturn dealership of Oxnard and Thousand Oaks and Leo Bunnin's used car superstore, Cars 101.

Shane has served on the boards of The Ventura Boys and Girls Club, Ventura's and Oxnard's Chamber of Commerce, the Pierpont Racquet Club and has been involved heavily in helping Ventura County's non-profit organizations.

Shane and his wife Geri live in east Ventura with their two girls, Trey 10, and Taryn 8. We welcome Shane to our CAREGIVERS family.

A Special Thanks to all of the Foundations that make our work possible.

Affinity Bank
Barnes Family Foundation
The California Endowment
The California Wellness Foundation
Chouinard Family Foundation
City of San Buenaventura
Carrie Estelle Doheny Foundation
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Morgan Stanley Foundation
PacifiCare Foundation
Martin V. and Martha K. Smith Foundation
Swift Memorial Health Care Foundation
The Times Mirror Foundation
United Way of Ventura County
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Wood Claeysens Foundation

Coming Events:

CAREGIVERS Board Meetings
Fourth Thursday of each month

SAILATHON
October 3, 2004



20th Anniversary Party
October 17, 2004

"Wearin' o' the Green"
Golf Tournament
March 7, 2004

CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

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CAREGIVERS MISSION – To promote the health, well-being, dignity and independence of frail, home-bound elders through one-on-one relationships with trusted volunteers

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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