

CAREGIVERS

The Buenaventura INTERFAITH Volunteer Program

Sponsored by the Sisters of St. Joseph of Carondelet

Winter 1990

Volume 7 Number 3

Wearing Three Hats

I have been asked to relate some of my feelings on being first a volunteer, then a coordinator, and finally becoming part of the staff at Caregivers.

It all began in August 1985 when I saw a small request for volunteers in the paper. I went to the office and was interviewed by Sister Veronica. We became friends almost immediately, and I was asked if I would sit with a man who had cancer and was confined to his bed while his wife went shopping and just got away for awhile. I accepted this assignment and soon formed a friendship with these two lovely people, thus starting my volunteer career.



Rev. Bill Baumgarten assists Carol Basralian to place the VOLUNTEER CAREGIVERS office sign

After a few months of my visiting, the man died and the woman no longer needed any help. After that, I had a succession of memorable experiences taking people to the doctor, the hospital (for outpatient surgery), shopping in department stores or to Von's for their weekly grocery haul.

About three years ago, I became a coordinator for the program. My chief responsibility was to encourage the volunteers, gather the facts to keep the office computer whirling, and most of all be a good listener. While keeping track of the many matches is sometimes tedious, again more friendships formed. I enjoyed the helping and caring so much that I went to school and became a Certified Nursing Assistant and Home Health Aide.

By this summer, change was in the air for me, and I was ready to forge ahead in new territory bringing the program to fruition in Santa Paula. It has been very hard for me to resist the URGE to just help all the families in need. But it was pointed out to me that I was no longer in that particular "mode." I had become like the teenagers say, "one of the suits." Wow—I was now part of a bigger picture and in the position to help MANY, so I felt better . . .

Carol Basralian

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To Care and Share	"Ah yes, I Remember It Well" cookbooks are available!	
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TO CARE AND SHARE . . .

"Gentle, reliable friend" - That's the phrase used by one person served to describe her volunteer caregiver. And who are these caregivers? People just like you!

Homemakers
Students
Policepersons
Office Workers
Health Care Persons
Teachers
Handymen
Salespersons
Retired men and women from every Profession

And on and on ... you name the occupation! Caregivers represent 200 personal responses, people of all ages and walks of life. People who really Care about their neighbors and are willing to give of their time and human spirit to make the life of one other person a bit easier. Small miracles, every day. The direct service they offer, and the one-to-one personal relationship they develop enriches both lives - this is the goal of Caregivers. But how does it happen? How does a "match" begin?

When a person calls the office, we arrange for a home assessment or interview. At this time, the staff person, either Carol Basralian in Santa Paula, or Sister Jane in Ventura, collect the clearest possible profile of each person, getting well acquainted with him/her. This professional assessment begins our record-keeping through the office. From that time on we stay alert to the possibilities for a "match" - someone who shares the background, interests, talent, values, or leisure time activity of the elder to be served. As volunteer and person served come to know each other, the human sense of separateness falls away, and when each has reached through the defensive boundaries we erect, we find the beautiful possibility of a greater harmony in our lives because of what we have in common.

In reaching out to give or receive help, each person becomes free to engage in a new relationship, a new adventure. Person served and person serving become, simply, "us".

In December, we commemorate the birth of one poor and helpless child who grew to adulthood and chose to show us the way to live and care for one another. He gave us a model of service to others and no person, before or since, has ever been so widely remembered and followed. The example that was given us in those years long ago still calls us out of ourselves, still challenges us to expand the way we live, reaching out our hand and hearts in friendship to one another. As you celebrate these holy holidays, may you know the peace and love of the Creator, and may you somehow pass it on to others with joy.

And since it's the season of wishes, We too have a few to share ...

We wish we had more volunteers so no one would have to wait, or remain unaided.

Be not lax in celebrating.

Be not lazy in the festive service of God. Hildegard of Bingen



ALL ARE INVITED!

PROGRAM NOTES . . .

• from Ventura

Volunteers, God Bless Them, Every One!

Volunteers have been calling all through the Summer and Autumn, and we have been blessed with these generous people:

Maria Pontrelli, Nancy Sekel, Jeanne Levasseur, Tracy Lamprecht, Keith Johnson, John Holmstrom, Wendy Puckett, Mia Fox, Vicki

Fate, Donnann Downey, Sandra Butler, Kelly Kennedy and Michelle Fox. We also wish to welcome two new coordinators for Ventura: Maria Pontrelli and Susan Cheek. Maria has a long association and much experience with human services and Susan Cheek has been a real salesperson for our program with her church, College Methodist. Both are presently caregivers in the program. We also wish to express our gratitude to former coordinators: Rose Berg who is now a volunteer, Daphne Brooking and Charlotte Banks who have started new jobs and Carol Basralian who has joined the staff.

From Faith to Action is a new series of education and information sharing for volunteers and others working or living with older persons. Our first two workshops are:

I. Communications, Emotions and Aging - Understanding the Possibilities

Wed, January 9, 1991 from 10:00 a.m. to noon, repeated again on Wed, January 16, from 6:30 - 8:30 p.m. No fee for Caregivers in our program; \$6 fee for all others. Call 652-0566 for reservations.

II. Physical, Psychological and Spiritual Aspects - Health, Hope and Humor for the Later Years

Wed, February 13, 1991 from 10 a.m. to noon, repeated again on Wed, February 20, from 6:30 to 8:30 p.m. No fee for Caregivers in our program; \$6 fee for all others. Call 652-0566 for reservations.



• from Santa Paula

Joyful Tidings from Santa Paula!

I would like to thank all the people in our program for the warmth they extended when I visited them recently. The congregations in your city have responded so positively which leads me to relate the following. On October 17th, Sister Pat and I appeared before the Board of St. Paul's Episcopal Church. The next day we anxiously waited for the phone call approving our plans to have a CAREGIVERS office on their property. When the phone rang it was Father William Baumgarten telling us that it had been approved. I was so happy I jumped for joy. We will finally have our presence known physically, not just in the written word and the telephone number. This will be so important to facilitate the program and to respond locally. So now we begin scurrying around for furniture etc. to complete our move.

We have uncovered so many people needing our help, and the only way we can expand our ministry is to find volunteers willing to help. Such was the case with John Allan, our newest volunteer. Thanks, John! In



St. Paul's Episcopal Church - Santa Paula

this season of giving, what could be more precious than for someone to give of themselves to such a worthwhile program. I'm certain, that with such wonderful friends in Santa Paula, we cannot help but be successful in the coming year!

TO OUR GENEROUS DONORS, WE SAY THANK YOU

July 1, 1990 - October 31, 1990

INDIVIDUALS

Anonymous
George and Ellen Appel
Marguerite Axelrod
Helen Backe
Beverly Beitel
Gordon and Louise Beller
Elsa Chianese
Ethel Clifford
Claude and Mildred Coffman
Charlotte Cooper
Kenneth & Patricia Cozzens
Ethel DiMatteo
Jane DiSalvo
William Dover
Howard Dye
Ellen Eden
Lloyd W. Fellows
Ilona Fulop
Maxine Garcia
Mabelle Gehle
Dorothea Gimblett
Jose & Maria Teresa Gutierrez
Lyle & Agnes Harris
Mary Harrison
Nova Hayes
John Houston
Isabel Dowd Kasik
Rosemary Kelley
Opal Mason
Sophie Mason
Constance Mathis
Max and Madeleine McCane
Veva McCord
Frances Mostert
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Hilda Pearce
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Bob and Beth Reynolds
Clark and Mattie Richards
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Jean and Mat Robertson
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Winnie Smith
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Rose Tucker
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Irma Valley
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ORGANIZATIONS

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Anjo Club, Los Angeles
Knights of Columbus, No. 2498
Our Lady of the Assumption Church
Trinity Lutheran Church

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Dan and Vicki Stowell

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WE REMEMBER:

Those who served:

Anna Langes

Those we served:

Juanita Armstrong
Herbert M. Buntain
Mildred Ely
Alma Hobson
Willie B. Johnson
Dr. Hilary Mangan
Marcelline Nelson
Mary Sizemore

MESSAGES . . .

• from the Director

As we completed our fiscal year this last June, we were both edified and thankful as we studied the generosity of our volunteers for the previous 12 months. We found that they served 200 individuals in our regular program with over 35,000 hours/units of neighborly personal care, home management, visiting, phone and transportation. Over 90 individuals benefited from our respite program. A little over 74% are 75 or older, 33 live in Santa Paula, 76% live alone and the majority come into the program through family/friends or their church congregation. Our volunteers donated over 50,000 miles in their ministry. These figures are indeed impressive. Thanks to each of you!

A very special person has left us because of poor health, Glenda Hendrick. We wish her well in her recovery during this difficult time. She certainly brought a very lively spirit to the program in development and in launching the Santa Paula program. We will miss her. Thanks, Glenda.



Dec 6, Thursday, is here! Join us for our **Christmas Party/Open House** from 2:00 to 4:00 p.m. and/or 6:30 to 8:30 p.m. Sister Jane has planned some very special and fun surprises. Volunteers - have you thought to stop by with your persons served for a few minutes? No reservations are necessary — the Christmas spirit will be waiting for you!

• from the Board of Directors

by Harry Walsh, Fund Development Chairperson

The recent focus of your Board of Directors is the "Salute to Seniors" dinner scheduled for February 9, 1991 at the Holiday Inn in Ventura.

This is planned as our principal fund raiser for the year and targeted to raise \$50,000.00 for endowment purposes. Our aim is to accumulate funds for the long term support of Caregivers, and reduce our reliance on grants and government funding.

The dinner itself will focus on the distinguished senior citizens and to recognize their contributions to the community. Some of the honorees include former supervisor, Thomas Laubacher; local artists, Eleanor "Tink" Strothers; retired educators, Wayne Dugan and Sister Virginia Joseph LaLanne; conductor of the Ventura Symphony, Frank Salazar; Presbyterian minister, Rev. Dr. R. Thomas Bousman; the quiet and faithful Knight of Columbus, Frank Zack; business woman, Donna Nelson and community leader, Elizabeth Blanchard.

The dinner itself will include a social hour, a first class dinner with harp and violin accompaniment, and a program of presentation for our honored guests. This will be an elegant social evening giving recognition to local men and women who have made significant contributions to the community we all live in.

Calendar

Dec 6, 1990 Thursday	Open House/Christmas Party 2:00 to 4:00 p.m. and 6:30 to 8:30 p.m.
Dec 11, Tuesday	Board of Directors and Committee Meetings 7:00 to 9:00 a.m.
Dec 21, 1990 through Jan 1, 1991	Office Closed Christmas vacation
Jan 8, 1991 Tuesday	Board of Directors and Committee Meetings 7:00 to 9:00 a.m.
Jan 9, Wednesday	From Faith to Action Series: Communications, Emotions and Aging - Understanding the Possibilities 10:00 a.m. to noon
Jan 16, Wednesday	Repeat of Jan 9 From Faith to Action Series 6:30 to 8:30 p.m.
Jan 21, Monday	Office Closed Martin Luther King, Jr.'s, Birthday
Feb 9, Saturday	"Salute to Distinguished Seniors" Dinner
Jan 10, Thursday	Board of Directors and Advisory Board Meeting 7:30 to 9:00 a.m.
Feb 13, Wednesday	From Faith to Action Series: Physical, Psychological and Spiritual Aspects - Health, Hope and Humor in Later Years 10:00 to noon
Feb 18, Monday	Office Closed President's Day
Mar 20, Wednesday	Coordinators' Luncheon and Workshop 12:00 noon to 3:00 p.m.
Apr 20, Saturday	Community Cuisine Buffet Dinner

Buenaventura Interfaith Volunteer Caregivers

Sponsored by the Sisters of St. Joseph of Carondelet

Executive Director: Sister Patricia Callahan C.S.J.
Director of Volunteers: Sister Jane Kelly S.N.J.M.
Associate Director for Santa Paula: Carol Basrallian

Volunteer Caregivers: matched ... with ... the homebound

- reach out to the frail and elderly & isolated in their own homes
- respite care-support the family caregiver
- link the needy with community resources
- train & support volunteers in basic caregiving skills
- provide 2-4 hours weekly of neighborly, non-professional assistance with personal care, home management, social contacts, transportation

A Ministry in Ventura:

Community Presbyterian Church
Eastminster Presbyterian Church
First United Methodist Church
Knights of Columbus Council 2498
Our Lady of the Assumption
Catholic Church
Sacred Heart Catholic Church
San Buenaventura Mission
Sisters of St. Joseph of Carondelet
College United Methodist Church
Trinity Lutheran Church

A Ministry in Santa Paula:

St Sebastian's Catholic Church
First Presbyterian Church
St Paul's Episcopal Church
Assembly of God Christian Center
United Methodist Church-
Santa Paula Christian Church-
Disciples of Christ
El Buen Pastor United
Methodist Church
Our Lady of Guadalupe
Catholic Church
SP Ministerial Association

Tax deductible contributions or memorials may be made to:
VOLUNTEER CAREGIVERS and sent to the Ventura Office

Ventura and Main Office:

261 North Catalina
Ventura, CA 93001
805-652-0566
M - F 9 a.m.- 4 p.m.

Santa Paula Office:

at St. Paul's Episcopal Church
117 No. 7th St.
Santa Paula, CA 93060
805-525-5006 M, W, Th 9-12 noon

A United Way Agency

Sisters of St. Joseph of Carondelet
Buenaventura Interfaith Volunteer Caregivers
261 No. Catalina St.
Ventura, CA 93001



**REMEMBER OUR
CHRISTMAS PARTY
ON DEC 6**



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