



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Winter 1996

Volume 13, Number 1



“Gershwin and Friends”

Lincoln Mayorga concert – Feb 25

3 P.M. – 1st United Methodist Church, Ventura

\$25 for Concert • \$40 for concert & reception

CAREGIVERS is proud to present noted pianist Lincoln Mayorga in a benefit concert of the music of “Gershwin and Friends” on Sunday, February 25, at the First United Methodist Church, 1338 East Santa Clara Ave., Ventura.

Lincoln is well-known for his concerts with anecdotes, informative commentary and humor. He prepared this program especially to feature the music of Gershwin and that of the major composers who influenced him, such as Claude Debussy, Irving Berlin, Scott Joplin, Maurice Ravel, Jerome Kern, Duke Ellington, and “Jelly Roll” Morton. Lincoln’s program is not only a fascinating history lesson, but an

intriguing glimpse of musical life in “Tin Pan Alley America” during the colorful early decades of this century.

A former Camarillo resident, Lincoln has appeared in hundreds of concerts and recitals across the U.S. and in Europe presenting a varied repertoire. His tours included collaborations with violinist Arnold Steinhardt, Michael Tilson Thomas, Richard Stoltzman, Gerard Schwarz, and the Los Angeles and Moscow philharmonic orchestras.

Lincoln’s talents are also widely recognized in Hollywood, where he was staff pianist for Walt Disney Studios and performed on the soundtracks of such films as *Chinatown*, *The Rose*, and *The*

Competition, as well as the television programs *Highway to Heaven*, *Little House on the Prairie*, and *Dallas*. He has accompanied and written arrangements for Barbra Streisand, Johnny Mathis, Vikki Carr, Andy Williams, Mel Tormé and Quincy Jones.

Tickets are available at Chicago Title, 5675 Ralston, Ventura; Santa Barbara Bank & Trust, 250 S. Mills, Ventura; or from CAREGIVERS, 261 N. Catalina St., Ventura. You can also order by mail from CAREGIVERS. Send your check and a self-addressed, stamped envelope and your telephone number. Call 652-0566 for more information.

Take Off the Pressure by Laine Waggoner

Do you know if you have high blood pressure? Do you care?

You *should* care because high blood pressure is like a time bomb that threatens your heart, brain, eyes and kidneys.

How can you tell if you have high blood pressure? You have to get it checked regularly because you can’t tell on your own. It doesn’t have any symptoms. No aches. No pains. But, it’s a killer.

Blood pressure is the force of blood pushing against your blood vessels. High blood pressure, also

known as hypertension, refers to the stiffness of your blood vessels.

High blood pressure (HBP) means the pressure in your arteries is consistently above the normal range. Fifty million Americans have HPB (one in four adults). And, many don’t know they have it. Untreated, it can lead to stroke, heart attack, heart failure and/or kidney failure.

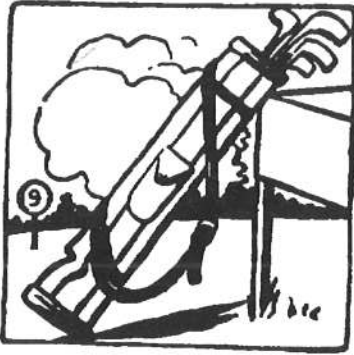
An ideal blood pressure is below 120/80. The higher your numbers, the greater your risk of developing a variety of diseases.

Ever wonder what those two numbers representing your blood pressure mean? The higher one is your systolic number, the pressure when your heart beats. Anything consistently over 140 is considered high blood pressure.

The lower figure is your diastolic—the pressure when your heart is at rest. Anything consistently over 90 is high blood pressure.

No one knows exactly what causes most cases of HBP. According to the American Heart Association, it usually cannot be cured, but it can be controlled

Continued on page 5



Golfing for Dollars

CAREGIVERS' 4th Annual Golf Tournament will tee off on Friday, March 15 at 9 a.m. at the Buenaventura Golf Course, followed by lunch at the Wedgewood Banquet Center. The entry fee is \$85. Call the office at 652-0566 for entry information.

Sponsor a Tee for \$75

We need help in meeting some of our expenses so that CAREGIVERS may reap the greatest benefit from our golf tournament. You can get involved by donating \$75 for a tee sponsorship. Your name or that of your business will be placed on a sign at one of the 18 holes on the golf course, so that all of our players will know of your contribution. You will also be recognized in our banquet program and in our "thank you" publicity. Call 652-0566.

Treasure Sale Raises \$1,800

Special thanks go to Sister Barbara Dugan and the Friends of CAREGIVERS for their hard work on our Treasure Sale in November. Nearly \$1,800 was raised because of the efforts of Geri Yokum, Jeanne Levasseur, Maxine Culp, Shawna Atchison, Dee Ambrosini, Lylia Pressel, Rita Westbrook, Ann Seno, Dave Tipton, Ginny Camarillo, Bob Camarillo and Norm Weitzel. We also thank our generous donors and members of the community who supported the event. Our third annual sale will be held in the fall. Start saving your usable discards now!



Dorothy Statler, left, and volunteer Nancy Treinen enjoyed the festivities at our annual Holiday Party in December.

"He's a Very Fine Guy"

by Carol Basralian, Director of Volunteers



One person who is not worried about being depressed or isolated is Ray Livernois. His safety net is his best friend and Caregivers volunteer, Michael Mueller.

Mike, a retired youth counselor, volunteered to help us in

August 1993. At that time Ray had had a stroke and needed a very special person to assist him. That person was Michael.

Since then, they have had very animated Scrabble® games, gone out to breakfast at least once a

week and have virtually shopped all over the city together.

Although Ray, who owned several butcher shops, loves to listen to classical music, he also likes to watch football on TV and usually roots for the team that Mike doesn't pick to win. They've been to the pier to fish, eaten lunch in the car and been entertained by the free and easy antics of the surfer crowd. Ray is so proud and tells all who will listen that his friend was able to get him a new wheelchair for free.

Mike said, "Ray really uplifts my spirit. Although he has many physical problems, he has this wonderful sense of humor. He really does so much for me!"

Ray's answers to our survey sum up this very successful match: "My volunteer has helped me in every way...He's a very fine guy."



Pat Meredith, Executive Director

Care Giving Takes Many Forms

We are blessed in Ventura County to have so many organizations to help with our various problems. Most of us know about groups that address the more visible causes of homelessness, child abuse, and gang violence. But did you know that we also

have in our area programs that address chronic pain, anorexia, adoptees and birth parents, bereavement support, parenting, grand parenting, sudden infant death, Lou Gehrig's Disease, manic depression, and long-term care? This is only a smattering of the services that you can find out about by calling the **Help-Line Information and Referral Services** of Ventura County, which is administered by **Interface: Children, Family Services**. The Help-Line has a comprehensive list of human services that are available to Ventura County residents.

Call 1-800-556-6607 or (805) 496-4866

Our thanks to **Pete Triem of Wildlife Care** of Ventura County for helping to rescue a hummingbird that became lost in our office.



United Way of Ventura County

Support Your United Way

Funds raised in the annual United Way campaign stay right here in Ventura County. More than 250,000 local residents receive services from United Way funded agencies (including

CAREGIVERS) each year. Please call the United Way office at 485-6288 for more information and a brochure listing the 62 local agencies it supports. Your contribution to this year's campaign will make a difference in many lives.

For Your Information

- ☛ The **Alzheimers Association** of Ventura County offers Family Support Groups in Camarillo, Ojai, Oxnard, Simi Valley, Thousand Oaks, and Ventura. Call 643-2614 for information.
- ☛ The **Arthritis Foundation** offers many self-help courses for people with arthritis, lupus and fibromyalgia. Call 389-5222 for information.

Become a Volunteer or Join "Friends of CAREGIVERS"

We always need volunteers to help elders in need.

If you cannot volunteer as a one-to-one caregiver, but would still like to help the program in other ways, join "Friends of CAREGIVERS," an auxiliary group which provides support for community awareness and fund-raising events. To find out more or to join, please call the office at 652-0566.



The Medicine Shoppe
1842 East Main Street
Ventura; phone 648-2724

Come celebrate the 25th Anniversary of The Medicine Shoppe® Pharmacy System! Visit The Medicine Shoppe® Pharmacy during February and Enter to Win \$25,000 Cash! No purchase necessary. Also receive a FREE Gift Certificate Booklet Worth \$25 with the purchase of two new or transferred prescriptions!



The Circle of Responsibility is a way for us to bring local businesses into the CAREGIVERS family and show our gratitude for their assistance. When you visit a participating business, please introduce yourself and mention that you read about them in the CAREGIVERS newsletter. Then make a point of going back again. With everyone's help, this can be a mutually beneficial program for CAREGIVERS and for our Circle members.

*Have you remembered
CAREGIVERS
in your will?*

YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (October – December 1995)

Anonymous
 Robert & Janet Addison
 Mr. & Mrs. D. B. Armand
 Mr. & Mrs. Robert Arnold
 John Atkinson
 Gladys C. Austin
 Geneva Babcock
 Barbara Backus
 Thelda Baker
 Hertha K. Bamford
 Donald and Mary Ann Benton
 Imogene Bercaw
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 Virginia Zierer

ORGANIZATIONS & BUSINESSES

Aid Association for Lutherans,
 Branch 6160
 1st United Methodist Women
 The Medicine Shoppe
 Sisters of the Holy Cross
 Trinity Lutheran Church
 United Way of Ventura County
 Vance, Thrift and Biller, Certified
 Public Accountants
 Ventura Suburban Kiwanis Club
 Ventura County Church of Religious
 Science
 The Wood-Claeyssens Foundation

IN MEMORY OF...

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 by Juanita Laubacher
Appel Family
 by George & Ellen Appel
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 by Marguerite Axelrod
Richard Core
 by Mr. & Mrs. Frank Anderson
Michael Becker
 by Herman & Gertrude Becker
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 by Rita Preston
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 by Gerald Broshears
Celia G. Calzada
 by Richard, Diane & Gabriel
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 by Mr. & Mrs. J. Paul Morgan
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 by Russell & Betty Hardison
 Husband David and Mother Jewell
 by Jymmye Hitch

Dorothy Jaquith
 by Ben & Kay Peterson
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 by Sal, Ivy and Nancy Panico
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 by Myrle Kirk
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 by Dr. & Mrs. Leo Tauber
John Vallino
 by Mrs. Kathryn Vallino
Eunice, sister of Jean Waterman
 by Kathryn Schultz
Leon Zermeno
 by Dennis Zermeno

IN HONOR OF...

Wayne Dugan
 by Mrs. Sylvia Mack
Dr. Jane Kelly
 by Irene Esperance
 Dorothy Park
 Mr. & Mrs. S. Schmitt
Maizie Lewis
 by Ms. Margaret Broughton
Sam & Irene Luizzi
 by Berta Steele
Mary Murphy
 by Dr. & Mrs. Dan Murphy
Maureen O'Brian
 by Irene Esperance
Ann Ontiveros
 by Charlotte Raitt
Cheryl Scott
 by Mrs. Mildred Howard
Marion Smith
 by Mrs. Virginia Smith

A care recipient writes:
"I think this is a wonderful, beautiful thing you people are doing. God bless you."

Meet the Board

Dave Tipton



Dave was appointed to the CAREGIVERS Board of Directors in July, 1994 and serves as co-chairman of the annual golf tournament. He is general manager of the Charles Carroll Mortuaries in Ventura, Oxnard, Santa Paula and Fillmore.

Very active in community life, Dave is president-elect of Ventura East Rotary Club. He is also active in his church and is a member of the Oxnard Masonic Lodge and the Ventura Elks

Club. Dave also manages to find time to volunteer for the Boy Scouts and to support the Ventura County Medical Center Resource Foundation.

A Port Hueneme native, Dave lives in Ventura with his wife Stacey and their eight children. He hopes that the community will support CAREGIVERS' fund raising activities so that our program can eventually branch out to serve the homebound elderly in all areas of our county.

Blood Pressure—Continued from page 1

with a healthy low-sodium (salt) and low-fat diet and medication... making it easier for you to live a healthier, longer life.

Medications: Your physician may prescribe one or more drugs to lower your HPB.

You must take them as prescribed, sometimes for the rest of your life. The American Heart Association warns that you also need to report any side effects to your doctor but don't stop taking the drugs on your own.

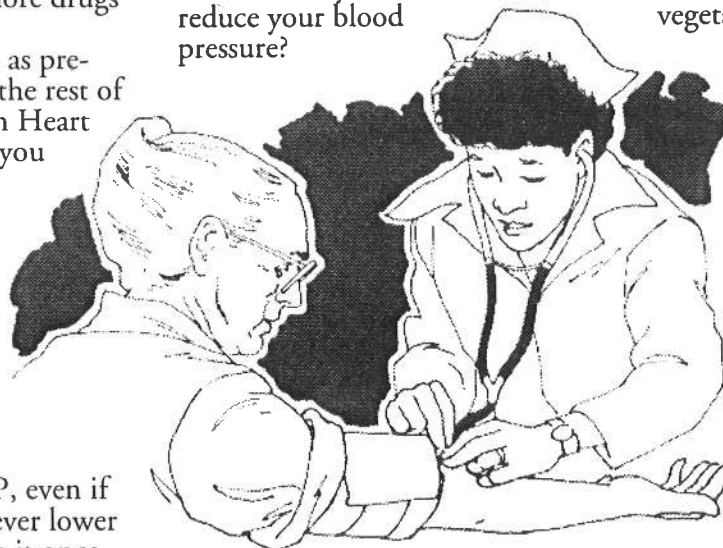
Prevention: Health professionals now believe that the solution is to prevent HBP before it occurs.

Once you have HBP, even if you treat it, you can never lower your risk back to where it once was. By the time HBP is diagnosed, most people have already suffered some damage to their heart, eyes, kidneys or brains. Also, blood pressure-lowering medicines are expensive and can have unpleasant side effects.

Who is at higher risk? People with close blood relatives who have it, people over 35, African-Americans, overweight people, those who use too much salt or

alcohol, women who take birth control pills, people who are not active and pregnant women.

How can you reduce your blood pressure?



Cut salts from your diet. The average American eats the equivalent of two teaspoons of salt a day (or 4,000 milligrams). At least 75 percent of that is hidden in the processed foods you eat. Cut your intake to below 2,400 mg. per day, preferably as low as 1,800 mg. Omit salt in cooking. Use herbs and spices instead. Drain and rinse canned vegetables.

Lose weight. Shedding even ten pounds can help. Eat a low fat, low cholesterol diet. Eat potassium-rich foods. Your best source is fruits and

vegetables.

Get active. "Exercise has a unique and independent effect on preventing the age-related rise in blood pressure," says William Haskell, a Stanford University exercise physiologist. He says that 30 to 45 minutes of moderate activity such as brisk walking, biking or swimming three times a week may be better for you than more vigorous exercise.

Limit alcohol. "Blood pressure is exquisitely sensitive to alcohol," says Paul Whelton at Johns Hopkins. One or two alcoholic drinks a day may not raise blood pressure. But more definitely will.

The bottom line is: the only way to truly end the problem of hypertension is to prevent it before it starts.

For more information, phone the American Heart Association in Camarillo at 485-4300 or the AHA national center at 1-800-242-8721.

Source: American Heart Association and Nutrition Action Healthletter, July/August 1995

A care recipient writes: "I don't know how I would manage and keep going without her help and wonderful kindness. Joan has become my family, also her husband. They are wonderful, loving people."

A care recipient writes: "My volunteer is an understanding, sweet, and lovely person. I sometimes feel I accept too much from her, for which I cannot reciprocate at this time. Your program is wonderful."

Save the Dates!!
• Lincoln Mayorga 2/25
• Golf Tournament 3/15
Details inside

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Buenaventura Interfaith Volunteer
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261 North Carolina Street
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Address Correction Requested.

- Gershwin & Friends Concert
- High Blood Pressure
- Volunteer Profile
- Circle of Responsibility
- New Board Member

INSIDE FEATURES

CAREGIVERS' MISSION – To provide a reliable personal relationship between one volunteer and one elder in need of assistance. Without the kind of services we offer, frail elders may find themselves living in unfamiliar, impersonal institutions, with a debilitating sense of having lost both independence and dignity. By matching such elders with volunteers who provide basic assistance, CAREGIVERS permits many of them to remain in the familiar and cherished surroundings of their own homes.

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In Ventura:
(805) 652-0566
**In Santa Paula/
Fillmore:**
(805) 525-5006

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Administrative Assistant
Laine Waggoner,
Newsletter Editor
Jim Barker,
Newsletter Designer

Coming Events:

Board Meetings Thursdays 7:00 A.M. Feb. 15, Mar. 14, Apr. 18	4th Annual Golf Tournament Thurs., Mar. 15, 1996 San Buenaventura Golf Course Lunch at the Wedgewood Banquet Center	Benefit Concert Lincoln Mayorga, pianist "Gershwin & Friends" Sun. Feb. 25, 3 P.M. 1st United Methodist Church
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