



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Winter 1997

Volume 14, Number 1



An Evening with Betty White

Sat. April 26, 1997 - Reserve by April 11.

Reception- 6:30 p.m. no-host cocktails
followed by dinner

Tower Club, Oxnard

\$100 per person. (\$75 is a tax deductible gift
to CAREGIVERS)

BETTY WHITE, that glamorous Golden Girl, noteworthy philanthropist and six-time Emmy-award-winner, will spend an evening with CAREGIVERS on April 26 at the elegant Tower Club in Oxnard.

Fresh from appearing in her first feature movie, "The Flood," Betty will chat and pose for photos during the cocktail reception and she will also take part in the dinner program.

"It is such a privilege to be able to participate in some small way to say thank you to the people who go above and beyond the call of duty to make life so much better for so many others," she said to explain why she was moved to accept Pat Meredith's invitation.

Although widely known for her interest in animal rights, Betty is also a strong supporter of environmental issues. In addition, she has always been concerned about the needs of the elderly and has made a video on elder abuse for the California attorney general's office and participated in several benefits for Alternative Living for the Aged.

Starting out in theater at Beverly Hills High School, Betty's acting career began in radio and she moved to television in its infancy in 1949. She had her own production company and appeared on talk shows and game shows and in situation comedies, including "The Mary Tyler Moore Show," "Golden Girls," "Love Boat" and "Mama's Family" and in hundreds of movies for TV.

She is the author of four books, including her autobiographical "Here We go Again."

Many awards have been bestowed on Betty, including the Lifetime Achievement Award at the American Comedy Awards in 1990 and induction into the Television Hall of Fame in 1995.

CAREGIVERS is grateful to our honorary dinner committee composed of: Michael Bradbury, Tom Buford, Colleen House, Dr. Joyce Kennedy and Frank and Judy Salazar.

Get your reservations in early as seating is limited for this gala event.

Volunteers Honored

Nearly 100 happy (and hungry) people joined us at the Poinsettia Pavilion on November 3rd for the annual CAREGIVERS Volunteer Recognition Dinner. Dinner was provided by the Rotary Club of the Ventura Marina, and the Royal Bakery and Cafe donated a beautiful cake.

We're so grateful to everyone who helped to make this event the 'best ever.'



Members of the Marina Rotary Club, chefs extraordinaires, provided a mouth-watering barbecue dinner.

Volunteer Rob Richardson, Director of Volunteers Carol Basralian, Russ Murawski, volunteer Ben Baumer, and Virginia Forbes.



Volunteers Sister Harriet Marie and Ann Ontiveros, guest John Campos.



Humor and nostalgia reigned during entertainment by The Harmony Channel Quartet, an award-winning barbershop quartet: (l-r) Doug van Bogelen, Brent Burningham, Bruce Hunter, Paul Jacobson.



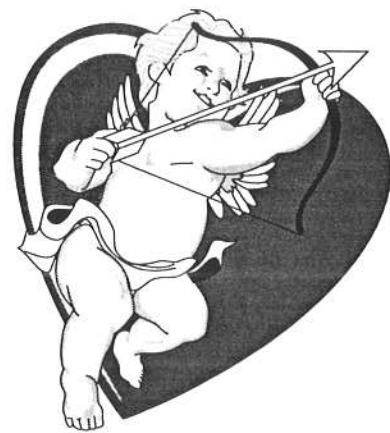
Executive Director's Message



Pat Meredith, Executive Director

America has always been a land of volunteers—and nowhere is there greater evidence of this than in the vitality of the United Way movement. United Way of Ventura County is helping to support 62 local agencies and providing nearly \$15,000 to CAREGIVERS this year, a significant percentage of our budget. The money that is raised here in Ventura County stays right here to assist local people.

Please call United Way at 485-6288 for more information. Your contribution to this year's campaign can make a difference!



Meet The Board Cecilia Macias

"When I learned about CAREGIVERS' mission, I decided I wanted to be more involved. My parents are elderly and have a lot of support. I realized not everyone is as fortunate," said new Board member Cecilia Macias.

A Claim Superintendent for State Farm Insurance, Cecilia has lived in Ventura County since the age of two.

Cecilia's other community involvements include coordinating her company's United Way campaign, participation in various Community Care Days, Los Angeles Neighborhood Housing revitalization projects, as well as fund raising for various causes. In her spare time, Cecilia enjoys gardening, camping, and reading.

FYI

Transportation and Disabilities Meeting - February 19

Do you feel the need for improved transportation? Make your needs known to the Transportation Committee of Unmet Needs. Call 1-800-438-1112 and attend a meeting on Wednesday, February 19 from 1:30-4:00 p.m. in the Board of Supervisors Room at the County Government Center.

*Have you remembered
CAREGIVERS
in your will?*

Volunteers Wanted

No Monetary Pay But Great Heart Rewards!

by Carol Basralian

Volunteers are wonderful! Just think how many more homebound seniors we could assist if you could find just one more person to join our program.

We continue to get requests from people who are in desperate need of transportation to get to their doctors and/or their local grocery store for food. We also need some male volunteers to visit lonesome men who have lost many friends and are looking to fill that void in their lives. If you know someone newly-retired looking for something worthwhile to do, please have them call me. Thanks. Carol 652-0566.



Become a Volunteer or Join "Friends of CAREGIVERS"

We always need volunteers to help elders in need.

If you cannot volunteer as a one-on-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.

YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (October, 1996 – January 10, 1997)

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by Mr. & Mrs. George Appel
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by Mrs. Gladys Austin
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by Marguerite Axelrod
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Joan & Jerry Thomas
by Ralph & Sarah Smith
Lynn Weitzel - in recognition of her Honorable Mention Award from the Ventura Co. Press Club
by Norman T. Weitzel

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, and every gift will be promptly acknowledged. All donations are tax-deductible. Please make checks payable to CAREGIVERS. Call us at 652-0566 for more information.

What Does Hearing Loss Sound Like?

by Laine Waggoner

Those of us with hearing loss experience all kinds of frustrations daily. There are many of us who experience speech as patterns of blurred and distorted sound.

The frustrations this creates has an effect on our self-esteem and human relationships and can cause major changes in our lifestyle. I speak from experience as a hearing aid user.

With hearing aids we also have to adjust to the fact that while increased amplification is a blessing in many situations, it is also a curse in many others, because all sounds are amplified, including loud noises and background sounds normal-hearing people have learned to ignore.

In order to understand how to better communicate with your hearing-impaired loved ones, friends or co-workers, it might help you to know how we perceive sounds.

Here are a few suggestions for simulating hearing loss.

DISTANCE. People with normal hearing begin to have problems with some voices and sounds at 10 to 12 feet. Adjust a radio only loud enough to hear the key words, then move back three or four steps and focus on the content. Keep moving back until you feel the uncertainty, the impatience, the frustration of not hearing clearly. What is more difficult to understand, vowels or consonants, male or female voices?

What if the radio were actually a person and you had to answer? Could you respond intelligently?

BACKGROUND NOISE- With the radio still on, turn on a

water faucet or flush the toilet. Water makes a "white noise" which blocks out or masks nearly all speech sounds. Wind noise has the same effect. And speech seems to fade into the "rushing" noises.

Other troublesome background noises: fans, air conditioners, microwave ovens, crackling paper, radio, TV, hi-fi, heavy traffic, vacuum cleaners and worst of all, the chatter of people conversing in a large group. Can you add to this list?

AROUND CORNERS OR FACING AWAY:

With the radio just loud enough to understand at about 10 feet away—without going farther away, move around a corner. Speech understanding will fade markedly and even more so if you face away from the radio.

LISTENER NOT READY- It takes time for us to refocus our thoughts and listen when someone starts talking to us. Sometimes we are lost in a daydream. This is where hearing-impaired people often retreat when sounds are painfully loud for too long, in order to escape and rest. Thus we aren't ready to listen and frequently miss the beginning of anything said to us. That's why you must first get the attention of your listener. Say their name or touch them if necessary.

LIP READING- We all do it, often unconsciously. But most hearing-impaired people cannot understand at all without lip or speech reading. Try watching a

TV newscast with the volume set where you can barely understand the words. Close your eyes. You'll begin missing key words. Repeat this until you realize how much you depend on lip movements, facial expressions and body language to help you understand a message. Make sure

you are facing your listener so your lips can be seen.

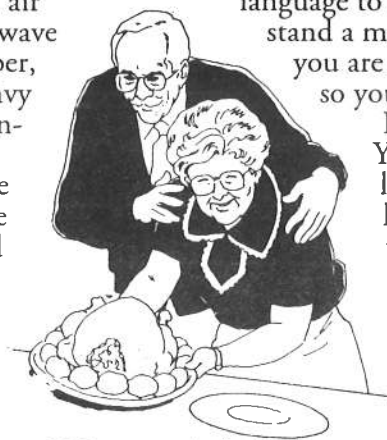
LOUD SOUNDS- You know all about loud sounds if you live with someone with a hearing loss (unless he/she wears earphones to listen to TV).

Everyone has different tolerances for continuing loud sounds, but hearing-

impaired people often lose much of their tolerance for loudness. Too much for too long makes them nervous or angry.

HEARING WITH ONE EAR- Listening to the radio, as before, hold one ear tightly shut and slowly turn around. The radio will sound loudest when your open ear is toward it and softest when the covered ear is toward it. When ears are unequal, people lose their ability to sense from what direction sounds originate. They often appear bewildered until they locate the sound source.

JOIN A SELF-HELP HEARING LOSS SUPPORT GROUP- For practice communicating with one another, please join Laine Waggoner in a very informal self-help hearing-loss support group which meets at the Camarillo Health Care District on the first Thursday (6:30 p.m.) and the third Tuesday (10 a.m.) of each month. Come to one or both meetings. For details call Laine at 484-5994.



Make sure you're facing the person to whom you are speaking.



Don't try to talk while the water's running.

Coming Events:

An Evening with Betty White
 Sat. Apr. 26, 6:30 p.m.
 Tower Club, Oxnard

Board Meetings
 Thursdays 7:00 a.m.
 Feb. 20, Mar. 20, Apr. 17

55-Alive Safe Driving Course
 to be presented at CAREGIVERS
 May 22 & 23, 9 a.m. - 1 p.m.

Save the Date!
 Golf Tournament
 Friday, March 17, 1997
 7:30 a.m. shotgun start
 Buenaventura Golf Course

Buenaventura Interfaith Volunteer

CAREGIVERS

261 North Catalina Street

Ventura, CA 93001

Address Correction Requested.

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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 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 volunteers with elders who need assistance, CAREGIVERS permits many of them to remain in the familiar and cherished surroundings of their own homes.

CAREGIVERS, an interfaith effort, is sponsored by the Sisters of St. Joseph of Carondelet and is grateful for the financial assistance of Trinity Lutheran Church, Ventura; First United Methodist Church, Ventura; Ventura County Church of Religious Science, Ventura; Sisters of the Holy Cross; National Council of Jewish Women; First United Methodist Women; and St. Paul's Episcopal Church, Santa Paula.

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