



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Winter 1999

Volume 16, Number 1

Lifeline Can Save Lives

by Laine Waggoner

Peace of mind is a luxury enjoyed by many elders because of the dedication of volunteers who support the Lifeline personal response service.

"I like the fact that Lifeline is giving older people a feeling of independence," said David Bratz, 62, of Camarillo, a retired electronics engineer. He volunteers two to three days a week installing or repairing the units for the Camarillo Health Care District.

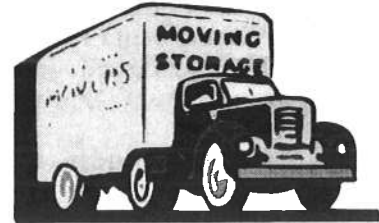
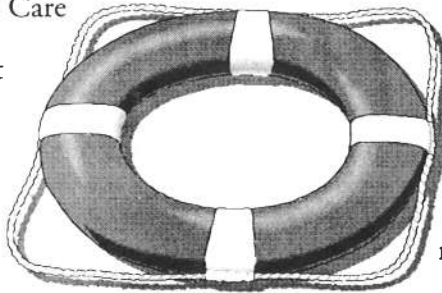
"It's important because of the growing numbers of elderly and people with health problems who live alone," he said. "Few people know that the units are available with the added protection of a smoke detector."

Yale Lewine, 89, a retired physician, said "We feel that

Lifeline with the smoke detector is very valuable, especially if you're alone in the house. In 1995, I was in the hospital for 13 days while my wife Ellie was home alone. We got Lifeline then to make her feel safer."

Fay Waller, is an 85-year-old who has been a widow for 10 years. A former pharmaceutical company copywriter whose nearest relative is a granddaughter in Santa Barbara, she said, "I got Lifeline because you never can tell what might happen. It's like insurance. It gives me peace of mind."

The Lifeline smoke detector contacts a real person, a Lifeline Monitor in Lifeline Central, even if you are not home or don't hear the phone.



CAREGIVERS has moved!

After 14 years in a scenic spot on North Catalina Street, we have moved to a picturesque office park on Sperry Avenue. We miss our wonderful view of the sea, but we are situated in a lovely, tranquil tree-shaded courtyard with a cascading pool. And we are very cozy, in about one-third of our former space! Please make a note of the address and telephone number: 2021 Sperry Avenue, Suite 47, Ventura 93003. (805) 658-8530.

We want to again thank the Sisters of the Holy Cross at St. Catherine's-by-the-Sea for their kindness and consideration over the years. ♪

Continued on page 2

A Tribute to a Special Volunteer

by Joan Hogan, a CAREGIVERS volunteer since 1997

Here is a report on what a new CAREGIVER has been doing for this temporarily handicapped CAREGIVER.

Recently, while on a morning walk I took a nasty tumble. It resulted in a fractured wrist and a face wound (from broken glasses) which required stitches. All the medical people who cared for me on that day were most helpful.

But, for on-going care, day after day for the past 2-1/2 weeks, I owe much to a new member of CAREGIVERS who is also my neighbor, Pat Casteel.

In a selfless manner she just

wants to know how she can help me. In all that she does for me she shows sensitivity, caring, modesty and naturalness.

From home-baked cookies to a dinner with all the trimmings a few days after my accident, Pat showed her thoughtfulness. She has done my laundry, opened bottles and jars and helped with anything a one-armed person needs done.

She picks up my mail and she takes me to the store and the library periodically.

Last week, when I had to have surgery, go to the optometrist and

have an EKG at a site other than the surgical building, Pat arranged the time and drove me to each place. She straps the seat belt on me and supports me under my good arm to help me out of her car.

I think Pat Casteel is a very special CAREGIVER indeed. ♪



Joan Hogan

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(Gifts of \$1,000 or more,
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Continued from page 1 – LIFELINE

The operator calls your home to make sure you haven't just burnt the toast. But if there's no answer, the fire department is notified. This makes it ideal for people who are hard of hearing.

The Lifeline personal response service, which has the potential to save lives, has made it possible for hundreds of people to live independently.

As the Lifeline brochure explains it, you could fall and be unable to get help for hours or days. A study published in the New England Journal of Medicine reported that people found within one hour of a fall are five times more likely to survive than those who remain helpless for over 72 hours.

If you become a subscriber, you would wear a small lightweight pendant around your neck or a watch-like wrist band which has a personal help button you would activate in case of an emergency. With Lifeline, help is just a button push away. The buttons are completely waterproof, so you can wear them in the bath tub or shower, where many falls occur.

A small in-home communicator, like a telephone, automatically dials the Lifeline Response Center. In seconds a well-trained operator answers.

For information about the Lifeline Personal Response Service and a demonstration, in Ventura phone Community Memorial Hospital at 652-5011. In Camarillo phone the Camarillo Health Care District at 388-1952. ☺

7th Annual Golf Tournament March 15, 1999

If you did not receive an entry form in the mail, call the CAREGIVERS office at 658-8530, and we'll send one out to you. The tournament sold out last year, so don't delay!

We are very grateful to the following tournament sponsors:

Title Sponsor: AT&T Wireless Services
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**MARCH
GOLF EVENT**

A client writes:

"Joan and her husband have been wonderful friends and caregivers. I don't know how I would manage without their help and kindness."

For Your Information Respite Care Guide Available

The Alzheimer's Association can help with respite care decisions. If you need to hire a caregiver you may want to get their "Respite Care Guide." It suggests screening procedures and questions to ask a prospective caregiver. Call the local Alzheimer's Association at 485-5597 or the national association at (800) 272-3900.

Appointments to Our Advisory Board:

We are grateful for their interest in CAREGIVERS and we welcome them to our family.

Bob Lynn, Owner, Lynn's Jewelry in Ventura
Mike Tracy, Chief, Ventura Police Department
Jay Midgley, Operations Supervisor, State Farm Insurance

Jerry Mikuls, Building Inspector, City of Oxnard

Executive Director's Message



Pat Meredith

Celebrating 15 Years of Service

Happy New Year! 1999 is an especially significant year for CAREGIVERS, as it marks our 15th anniversary of service in Ventura County.

In 1984 the Robert Wood Johnson Foundation gave \$150,000 toward the establishment of an interfaith volunteer project to serve the frail elderly—the fastest-growing segment of our population. Buenaventura Interfaith Volunteer CAREGIVERS was developed as a non-profit corporation focusing originally on church congregations as the source of volunteers who would be recruited, trained and matched in a one-on-one relationship with an elder requesting aid. Sister Patricia Callahan, CSJ, was director and Sister Veronica Maloney, CSJ, was assistant director.

In our first year of operation, we served 72 people. Since then, more than 1,700 elderly county residents have benefited from the long-term help of our dedicated and caring volunteers. Several thousands more have been aided through counseling, referrals to other services, and one- or two-time emergency service. In addition, we have provided assistance to many family members and friends who have called us seeking help for elderly persons.

In 1989, we began our program in Santa Paula, with funding from the Area Agency on Aging, United Way, Swift Memorial Health Care Foundation and with community support.

All of us at CAREGIVERS are very proud of our growth and the service we have been able to provide. We thank all of you who have contributed your time and financial support. Without that, none of our community service would be possible. ♪

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Special Thanks to Special People

Our move to our new office went very smoothly, thanks to the efforts of our volunteer crew: Keith York, Norm Weitzel, Frank Cavola, John Stebner, Chuck Thomas, Mary Poe, Cecilia Macias, Sr. Barbara Dugan, Jesse Dunlap, Judy Frazier,

Special special thanks to Keith York, who put up shelves, got our computers up and running, put our heating system on automatic pilot, and just generally got us organized.

YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (October - December, 1998)

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IN MEMORY OF...
 Clifford Bellew
 By Mildred Batté
 Margaret & Edward Castle
 By Mrs. Verna French
 My dear mother, Jovita Chapman; sister, Gloria Dykes; and Frances Narang
 By Mrs. Dolores Perez
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 By Mr. & Mrs. Hal Fulkerson
 Mike Cole, Jim O'Brien, and Jim Jenson
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 My baby sister, Isabel Herrera
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 By Dorothy Park

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 My father, Sam Marigliani
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 By Mr. & Mrs. Wilfred Emard
 My Sister, Mary Ann Lineo Wrenn
 By Miss Helen Yunker

IN HONOR OF...
 Gertrude Becker
 By Lois Measures
 Ginny Camarillo
 By Barbara & Larry Meister
 Janni Chung, George Chung's wife, a loving caregiver
 By Mr. & Mrs. Hal Fulkerson
 Martha & Wayne Dugan for their work at Caregivers
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 Bernie Immel's 79th birthday
 By Dr. & Mrs. E. L. Jewett
 Jesus Christ
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 The courage of my dear friend, Mellicent Morgan
 By Jymmye Hitch
 Ellen Pearson
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CAREGIVERS is 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 658-8530 for more details.

Things People Have Learned

I've learned that...

...you can't hide a piece of broccoli in a glass of milk.

Age 6

...I like my teacher because she cries when we sing 'Silent Night.'

Age 7

...just when I get my room the way I like it, Mom makes me clean it up.

Age 12

...although it's hard to admit it, I'm secretly glad my parents are strict with me.

Age 15

... silent company is often more healing than words of advice.

Age 24

...wherever I go, the world's worst drivers have followed me there.

Age 29

...if someone says something unkind about me, I must live so that no one will believe it.

Age 39

...you can make someone's day by simply sending them a little card.

Age 44

...the greater a person's sense of guilt, the greater his need to cast blame on others.

Age 45

...children and grandparents are natural allies.

Age 46

...motel mattresses are better on the side away from the phone.

Age 50

...you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and eternal busy signals.

Age 52

...regardless of your relationship with your parents, you miss them terribly after they die.

Age 53

...if you want to do something positive for your children, try to improve your marriage.

Age 61

...life sometimes gives you a second chance.

Age 62

...you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

Age 64

...everyone can use a prayer.

Age 72

...it pays to believe in miracles; and to tell the truth, I've seen several.

Age 73

...even when I have pains, I don't have to be one.

Age 82

...every day you should reach out and touch someone. People love that human touch—holding hands, a warm hug, or just a friendly pat on the back

Age 85

...I still have a lot to learn.

Age 92

Attention Santa Paula readers:

We are looking for new office space for the Santa Paula program. All we need is room for a desk and a file cabinet and a telephone hook-up. The rent needs to be nominal, or better yet, free. If you have any ideas, please call Pat or Carol at 658-8530, or Cecilia at 525-5006.

We thank Jim Garfield at Cal West Real Estate for providing free space for the past 2 years.

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

We Need Volunteers!

If you can give three or four hours a week to help an elderly person, please call Carol at 658-8530; or Cecilia in Santa Paula at 525-5006.

A client writes:

"This is a needed tremendous service that you provide to isolated elderly individuals. Thank you for your help with my mother and all the other people you support."

Foundation Grants

We are so grateful for this wonderful assistance to our program.

The S. Mark Taper Foundation: \$10,000

The Wood-Claeyssens Foundation: \$7,500

The Martin V. and Martha K. Smith Foundation: \$1,000

Coming Events:

Board Meetings

Thursdays 7:00 A.M.
 Feb. 18, Mar. 18, Apr. 15
 CAREGIVERS Office

Presidents' Day

Office closed
 Mon, Feb. 15



Golf Tournament

Mon., Mar. 15, 1999 7:30 A.M.
 Buena Ventura Golf Course



CAREGIVERS

2021 Sperry Avenue, Suite 47
 Ventura, CA 93003-7417
 RETURN SERVICE REQUESTED.



CAREGIVERS' MISSION - To provide a reliable personal relationship between one volunteer and one elder in need of assistance. Without the kind of neighborhoodly 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 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; Sisters of the Holy Cross; National Council of Jewish Women; First United Methodist Women; First Presbyterian Church, Santa Paula; and the Aid Association for Lutherans.

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