

# Heart & Hands

CONNECTION

WINTER 2008

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## IN THIS ISSUE

### Caregivers' Holiday Appeal

Page 2

### Greetings Friends!!

Page 2

### "Volunteers Rock" 24th Annual Volunteer Recognition Dinner

Page 2

### Fair Winds and Sunny Skies greet Sailathon 2008

Page 2

### Meet Deana Minder our new Student Program Assistant

Page 2

### Meet the new Camarillo Program Coordinator, Sally A. Eckert Smith

Page 2

## ATTENTION: Golfers & Friends

Our 17th Annual Wearin' O The Green Golf Tournament will be held on Friday March 13, 2009 at Sterling Hills Golf Club, Camarillo.

Call for reservations and join a fun filled day for charity!

Call 658-8530



## A MESSAGE FROM: EXECUTIVE DIRECTOR

*Carol Boatner*

**HAPPY HOLIDAYS TO ONE AND ALL!!**

As we close our 24th year at CAREGIVERS, we want to acknowledge and thank the many hundreds of volunteers who have helped our program through the years and continue to support us so that we can extend our hands and hearts to the underserved, frail seniors of our County. Our CAREGIVERS' program has been blessed because you have resolved to make a difference in someone's life thru little acts of kindness.

We also want to sincerely thank all of our donors, foundations and faithful friends who have supported us monetarily throughout our 24 years.

Know that each and every one of you are special and appreciated. In these hard financial times that we are now experiencing, we are putting our faith in America and our people that despite these dire predictions of bad times ahead, our program will continue to prosper and flourish throughout 2009.

We love all of our seniors who inspire us, don't take life too seriously and have spirits that are strong and lively from a life fully lived.

The staff, Board of Directors and I wish you all a healthy, happy and peaceful holiday season!!

## Our Commitment to the Community:

**In Ventura, Oxnard, Port Hueneme, Santa Paula, Fillmore, and Camarillo**

### We Will:

Complete an In-Home Assessment of each homebound elderly person requesting our services, who is over 60 years of age and is living in the program areas mentioned above.

Recruit, Train and Approve each adult volunteer offering their services to the frail elderly in our community.

Keep track of all hours our volunteers spend helping others in the community.

### We offer a Building Bridges:

Intergenerational Program. This is a High School Student Program that offers visiting and in-home assistance to the frail elderly, in the city of Ventura, who are living alone and are requesting help.

### We Also:

Offer Information and Referral to our clients and community members who call us asking for help

# CAREGIVERS HOLIDAY APPEAL!

Dear Friends,

From CAREGIVERS' staff, volunteers and the frail elderly whom we serve... we send you our wishes for a happy and healthy Holiday with family and friends.

With financial circumstances changing for all of us, it is difficult to write this letter of appeal, yet the need for CAREGIVERS' services continues to grow.

Each year, we see the number of homebound elderly in our communities increase. So many have no family nearby and few able-bodied friends to help them...our volunteers are their lifeline to medical appointments, food, and to a smiling face.

Our *Building Bridges'* high school student volunteers are a lively and very helpful part of the in-home assistance CAREGIVERS provides, not only with their willing hands but also with the youthful attention they give to our seniors who are often in great need of companionship.

"Dignity For Life" is much more than CAREGIVERS' vision for our Ventura County elderly. Our wonderful trained volunteers truly change the lives of those they assist. They contribute their time, interest and gasoline to support the homebound with visits, transportation, telephone reassurance and companionship. The burden of loss of sight, depression and declining independence can be lightened when the homebound have the on-going support of their trusted volunteer "friends."

There is no question that CAREGIVERS' volunteers make a difference.

***"CAREGIVERS has given me peace of mind."***

***"When I fell and broke my leg...my "caregiver" was a real miracle."***

***"I am 87 and have only 15% of my heart working. CAREGIVERS has made the impossible possible."***

***"We have gotten to be good friends." "She makes me laugh."***

***"I would be lost without her (my "caregiver")."***

For any support you have given in the past, we THANK YOU so very much! We can guarantee that there are people, maybe nearby neighbors, who have benefited from your generosity. Last year, our volunteers contributed 50,922 hours of FREE assistance and donated 89,262 miles of transportation to over 400 homebound elderly. In addition, hundreds more have been served by our staff advocating for the frail senior whose distant family members could not come to assist them, i.e. who had lost their utility service, who had been hospitalized with no one to care for an invalid spouse, who had to go through an outpatient procedure but had no one to "help" them through it, etc...

**Please take just a few seconds to think about your brother, mother or yourself without nearby family to help when it is most needed. Your contribution to support our volunteers who are willing to share their time with the frail homebound elderly will be dollars very well spent.**

Again...Happy Holidays...and our wish for special blessings for you, and for the coming year!

Sincerely,  
Ginny Camarillo  
Board Secretary

# GREETINGS FRIENDS!!

By Courtney Darrough



The Holidays are upon us now, and that giving spirit is in the air. Wouldn't it be wonderful if every one of us did something nice for a frail elder in our community?

It can be an easy thing to do, and we can help you make it happen. It really takes no time at all to offer yourself for a short visit or a trip to the store with senior who may need your help. Often we take things for granted in our lives, perhaps our family, friends, abilities, or independence. Let's consider the seniors in our community who are struggling to get things done, yet because of limitations, cannot. This season, we urge you to remember the homebound elderly, and make a resolution to help a frail elderly citizen in our community. We can help you facilitate the giving spirit, so call CAREGIVERS! 658-8530



*Our Director of the Volunteer Program Marion, accepting a First Aid Kit donated and put together by Grace Williams from Girl Scout Troop 156*

# “VOLUNTEERS ROCK”

## 24th Annual Volunteer Recognition Dinner

On Saturday, September 13th, volunteers, friends, staff and board members gathered at the Poinsettia Pavilion to celebrate the past year's accomplishments. Board Chair, Cecilia Macias welcomed everyone and in keeping the 1950's Rock and Roll theme, members of the Harmony Channel Barbershop ensemble took over the floor with their rollicking tight harmony of barbershop classics and a Doo Wop Medley that had everyone singing and tapping their feet.

Dinner was graciously cooked and served by members of the Rotary Club of Ventura Marina, and our luscious dessert once again donated by Oscar Esmaili of the Royal Bakery. We sincerely thank them for their many, many years of service and donations to the CAREGIVERS' program.

Carole MacNaughton won the “Kool 1959's” quiz by answering all 14 questions right and won a See's Candies gift certificate.

College Scholarships were awarded this year to Oscar Estrada and Ida Vergara from the “Building Bridges” program.

St. Bonaventure High School student, Elisabeth Luizzi was also recognized for her four years of devotion to the same program. We sincerely congratulate them on their past year's services to our homebound seniors.

In addition, we were happy to have been able to present Volunteer Recognition awards to Glathe Hemme and Gary Best for their many hours of friendly visiting and faithfulness to the senior's in their care and for their continued participation in the CAREGIVERS' program. We are so proud of you all!

We had the pleasure and honor to have Ventura City Councilman, Neal Andrews give a very inspiring speech about the value of volunteerism and what an asset it is when you truly give of yourself.

A big thank you to board members, Howard Boroughs and Ginny Camarillo for supporting the Youth Scholarship awards and to See's Candy for their wonderful donation. We thank each and every one of you who made this evening the success it was.



*From all of us at CAREGIVERS, a heartfelt "thank you" to all of the following supporters. April 1, 2008 to October 31, 2008.*

## Individual Donors

Helen Adair	Kerry Johnson	Jeanne Reiver
Alan Annis	Joshua & Mary Kay Kaufman	Margery A. Ricards
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Dorothy Avery	Virginia Kitko	John & Ann Romero
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**Note: You may conveniently donate to Caregivers using PayPal on our website at: [www.vccaregivers.org](http://www.vccaregivers.org).**

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## Honors and Memories

Frank & Katherine Anderson  
*In memory of Helen M. Borchard*  
 Don & Frances Brown  
*In honor of Courtney Darrough*  
 Wesley F. Cullins  
*In memory of Conchita Cullins*  
 Louise Welsh Dunlap  
*In memory of Jesse Dunlap*  
 Berdean Eaton  
*In memory of Ann Lopatoski*  
 Douglas & Dana Friedman  
*In memory of Robin Mosinka*  
 Edwin & Carol Jones  
*In memory of Bertie Gaertner*

J. Robert Love

*In honor of Marion Holzwarth*

Jim & Marion H. Mangis

*In memory of Lucile Ferrie, Pete Ciccolella, and Betty Chapman*

Charlotte Raitt

*In honor of Ann Ontiveros-Campos*

Caroline Reimbold

*In memory of Margaret Reimbold Hurtado, Colleta Reimbold, & Sister M. Anthony, C.S.*

Carmella Salvatore

*In honor of Marion & students*

Bernie & Judy Simon

*In honor of Carol Boatner, Marion Holzwarth, & students*

Allan & Berta Steele

*In memory of Goldie Defren*

Ventura County Senior Reader's Theater

*In memory of Lucile Ferrie*

David & Maria Ziemkiewicz

*In honor of Debbie Wilson*

## WOULD YOU LIKE TO LEAVE A LEGACY?

Donate a portion of your estate to CAREGIVERS. It can be that simple. For more information, please call the office and speak to Carol Boatner at 658-8530 ext 13.

# FAIR WINDS AND SUNNY SKIES GREET SAILATHON 2008

By Andy Killion



The weather settled down on Sunday, October 12th, for our 7th Annual CAREGIVERS' Sailathon. Fifteen sailboats, one powerboat and two outrigger canoes met at the starting line off the Ventura Pier to complete as many laps as possible for the charitable competition which brought in over \$7,000. The triangular course proved exciting for all involved as the large catamaran "Afterburner" along with the beach cat "Full Tilt" weaved in and out of traffic for two hours.

All sailors met back at the Ventura Yacht Club to find out who sailed the most laps and to enjoy Brophy's Clam Chowder, Chili and camaraderie as prizes were drawn and trophies were presented to the winners.

Congratulations go to Alan Ferentz for raising the most donations, Ventura Isle Marina for having the most participants, Pierpont Bay Yacht Club for having the largest fleet, Bill Gibbs for sailing the most laps on a multihull, Brian Shaw for sailing the most laps on a monohull, Jeff Greer for a Ranger Tub Powerboat, and for human powered, George Moore's Outrigger Canoe crew.

Thanks go to Chuck and his staff at Ventura West Marina for making it possible for CAREGIVERS to have special t-shirts for this event. We also want to salute and thank the following sponsors who donated the funds and/or contributions needed to support

this special sailing day: DCOR LLC, Alan Ferentz, Ginny Camarillo, Ford Graphics, Custom Embroidery, Anchors Way Marine Centers, Brophy's Restaurant, Mike & Cindy Daly, Cie Macias, and Anna Kittleson. The following individuals and businesses donated gifts for our prize drawings: Please thank the following: Diversified Products, Boatswain Locker, Port Supply, Llewellyn Marine, Brophy's Restaurant, Carol's Cottage by the Sea, Cruzin' Unique Boutique, Four Pts. Sheraton-Alexander's Restaurant, George Thompson Diamond Company, Goin' Places/Pacific Scuba, HarborView Event Planning Services, Hi Cees Barbeque Café, Mail Buoy Café, Marooned Gift Shop, Sea Things, Kay Wilson-Bolton Realtor, Island Packers, Vta. Harbor Comedy Club, Trader Joes-Vta., Ventura Harbor Boat Yard, Ventura Swimwear, West Marine, Spinnaker Seafood Broiler, Howard Boroughs. S. Blake Wade & Jim & Carol Boatner.

We greatly appreciate and thank this year's Sailathon Committee members who put together this fun filled sailing day: Andy Killion, Alan Ferentz, Anna Kittleson, Keith York, Lisa Collier, Ron Willis, Ginny Camarillo and the following staff, board members and friends who volunteered this day to make it a successful one: Courtney Darrough, Terri Keffer, Marion Holzwarth, Cecilia Macias, Sally Eckert-Smith, Jim Boatner and Cameron Keffer.



We THANK ALL of you for coming and supporting us and hope to see you next year!

## MEET DEANA MINDER OUR NEW STUDENT PROGRAM ASSISTANT!



Hello all! I am just so happy to be a part of the CAREGIVERS' team. I have been with CAREGIVERS' now for 3 months, and I have enjoyed every single day. Throughout my years of employment, I have always felt a passion towards the elderly seniors in need. I have worked for many different companies throughout my life and have experienced a very wide span of positions. Throughout every job I've

held, I can honestly say that the desire to help elders has ALWAYS held a strong place within my heart!! Finally I feel that I have landed my "dream job" which makes me smile and feel complete at the end of every day. Speaking of smiling, what an awesome feeling it is to see a senior smile because we have made their day. Something too that I have just learned since starting my employment has been working with High School students. Up until 3 months ago, I had literally been stereotyping young people. I thought that all/most kids were "in their own world", or "uninterested with hanging out with adults, let alone elderly seniors". WOW!! I was completely wrong on that one!! Now after getting to know these students, I can't even believe that I could actually even think that way about this younger generation. These students are fantastic! They have really opened my eyes, and I have also actually learned wonderful things from them too. Before I was

offered my job, I was told about the students during the interview process that basically they were "top notch, well rounded smart, nice students." After meeting and having spent time with him or her, I have been so impressed and extremely pleased with every single student that I have met. I totally enjoy being around them and talking with them. I have learned so much, just by listening to them speak amongst themselves and during the senior visits. Now, looking back, I truly feel bad and regret my mind set about the way I thought before. I am glad and very blessed that I was the one chosen for this position. It has already taught me many things and every day I look forward to coming to work so that I can learn something new, whether it is coming from the students or the seniors, either way it is a "win-win" day for me. And that is why I love my new, happy, heart-filled job with CAREGIVERS' and my great team of coworkers, all of my new friends!! I love it all!!!

## MEET THE NEW CAMARILLO PROGRAM COORDINATOR, SALLY A. ECKERT SMITH



Sally has lived in the Camarillo area for many years and prides herself in community service and the opportunity to dedicate her time, talents, and treasure to the plight of those that cannot speak for themselves. Sally has been an advocate for children, the elderly, homeless families, and has been in the nursing field for over 30 years. The City of Camarillo currently has over a 21% Senior Population which inspires Sally to reach each and every senior desiring to be matched with a

volunteer. If you know of anyone in Camarillo that would benefit from a friendly visit or phone reassurance from a volunteer, please do not hesitate to contact Sally at the following numbers: (805) 658-8530, Ext. 15 or (805) 388-1952, Ext. 132. Our wonderful seniors are in need of volunteers to make a difference in their lives. Won't you take a moment to make an appointment with Sally so that she can match you with someone yearning for contact, conversation and connection?



1765 Goodyear Avenue, Ste # 205  
Ventura, CA 93003-8015

**RETURN SERVICE REQUESTED**

Phone: (805) 658-8530

Fax: (805) 658-8537

Web Address: [www.vccaregivers.org](http://www.vccaregivers.org)



United Way of  
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**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.

## CAREGIVERS MISSION

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

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