

Heart & Hands

CONNECTION

WINTER 2009

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A MESSAGE FROM: EXECUTIVE DIRECTOR

Carol Boatner

HO HO HO TIME IS HERE AGAIN!

When we were young, didn't time just stand still? The holidays never came soon enough for us. For Christian children, we anxiously counted the days until Christmas. For Jewish children, I imagine the same excitement would be stirring in their homes as they longed for their 8-day celebration of Hanukkah to come. Now that I am a lot older, I wish the world would just stop spinning for one day and let me catch my breath! Days are just flying bye and we are all too busy.. but I know and appreciate that the core of our CAREGIVERS' volunteers are never too busy to help when they are needed, holidays or not. For that we are grateful. That is what makes the staff and I glad to be a part of such a wonderful group of caring individuals. Over the past year, we have had a successful Golf tournament and Sailathon fundraiser, and managed to help hundreds of seniors and families in trouble.

We earnestly thank all the youth volunteers in the "Building Bridges" program who have given their love and time to a homebound senior throughout this past year. I know that the experiences that they shared will always be remembered even when they leave high school and go off to college. It is the "gem" of our CAREGIVERS' program because both the young people and the frail seniors learn from each other. The seniors teach about life, how they managed during the depression, and tell them stories about living through World War II and the young people give them joy, hope, enthusiasm and the helping hand they so desperately need to remain independent in their own homes. So each one receives a "gift" from each other.

We sincerely thank our Board of Directors, our staff and all the volunteers connected with our program for an exciting year of giving and wish one and all the best during this holiday season!

Many Thanks to Jimmy Young!

Many thanks to Jimmy Young for keeping up a donation box on his "Wall of Generosity" in his wonderful McConnell's Fine Ice Cream & Yogurt shop at 3241 E. Main Street Ventura. And especially for offering to donate 100% of the sales by customers who bought ice cream cones or yogurt during the month of May and ending June 15th. We sin-

cerely thank him for being so generous to our CAREGIVERS' Program. If you go to his shop, please thank him for all he is doing for us!!!

About Growing Older:

When you are dissatisfied and would like to go back to your youth, think of Algebra.



HOW GRATEFUL AM I!

By Sally Eckert-Smith –Camarillo Coordinator

At this very special time of the year, when we celebrate our lives and those that we are thankful for, I would be remiss in not mentioning the wonderful volunteers that give of their time and talent to a “special” friend. The program in Camarillo is growing in the amount of seniors that we are serving and in the scope that we intend to expand because of your kind attention. I know that the persons that we serve benefit greatly from your willingness to serve.. Our wonderful seniors share stories of just how important they find their “compassionate friends” to be. One such story touches me quite deeply knowing what a difference a touch, a smile, and the hold of a hand gave someone who was

feeling lonely and hopeless. This special person that set herself aside for a moment made a difference in a very sad and mournful gentleman’s life. What this volunteer thought was a small gesture, was indeed a life altering gesture. Know that what you do as a volunteer is the greatest expression a human being can give. Meeting people where they are and listening with full attention, without judgment makes a profound difference in how they continue to conduct their lives. People need to tell their stories so that they can come to terms with the changes that are taking place in their lives. How lucky we are to offer ourselves in service and how grateful am I to know that the people of Camarillo really do care and step forward to make that difference.

Blessings to you and yours.

A SPECIAL NOTE:

From the Staff at CAREGIVERS

We would like to send out a very special commendation to Victoria Jump, Director of the Ventura County Area Agency on Aging. Victoria truly understands the heartbeat of needed services that benefit the frail elderly in Ventura County. Because of her and through the Advisory Council, she has been able to keep several very important programs in forward motion as the Area Agency on Aging suffers fund reductions.

As CAREGIVERS: Volunteers Assisting the Elderly continues to seek out more volunteer support for the frail elderly in our communities, it is also important to have the additional supportive services that are offered through the Area Agency on Aging. This type of collaboration helps balance much needed services. Creative balancing of services in programs for the aging population can

only be successful by having cooperative, caring, compassionate problem solvers, an honorable and truthful description of Ms Jump. Thank you Victoria, for all you do.

ABOUT GROWING OLDER

By Will Rogers

“Eventually you will reach a point when you stop lying about your age and start bragging about it.”

WORD OF MOUTH WORKS WONDERS!

By Courtney Darrough



CAREGIVERS received a phone call yesterday from Christine, a 79 year old woman living in Oxnard. She let us know that she’d had our phone number for a while, but was hesitant to call us because she is shy. When she told us the story of how she got our phone number, we were so very pleased. Christine is legally blind, able to see only with a magnifier. She attends helpful Braille Institute group meetings at the Ventura Senior Recreation Center regularly. Sometimes Christine needs assistance securing transportation to these meetings.

At a recent Braille meeting, Christine met an elderly woman named Beverly, who was also legally blind. Beverly was with her lovely new friend Susan, and they all began chatting. Beverly told Christine that she had previously not been able to attend the meetings because she lives alone, and cannot drive. This all changed when she met her new friend Susan. She also let Christine know that she had met her new friend through an organization named CAREGIVERS. Susan was a CAREGIVERS volunteer.

That day, they found a copy of our CAREGIVERS brochure at the senior center, and gave it to Christine. They raved about their new friendship and how happy they were to spend time together, and encouraged Christine to call CAREGIVERS, which she did. Word of Mouth Works Wonders!

“VOLUNTEERS ROCK” - Our 25th Anniversary Party

By Marion Holzwarth

On September 19th, CAREGIVERS: Volunteers Assisting the Elderly held their 25th Volunteer Recognition/Anniversary Party at the Poinsettia Pavilion in Ventura. This year's theme was a Mahalo Hawaiian Luau, which means "Thank You" in the Hawaiian language.

We would like to sincerely thank the following individuals who helped to make this year's party such an enjoyable event:

**Royal Bakery's owner, Oscar Esmaili for donating this year's delicious cake for his 19th time!

**Marina Rotary for the wonderful food and for the members preparing it for us.

**Board Members, Howard Boroughs and Ginny/Bob Camarillo for their Student Scholarship Fund Donations.

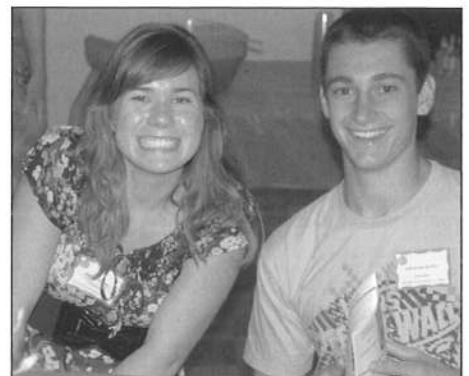
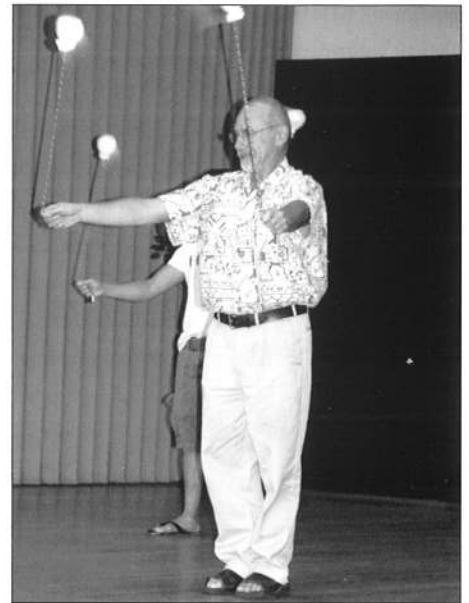
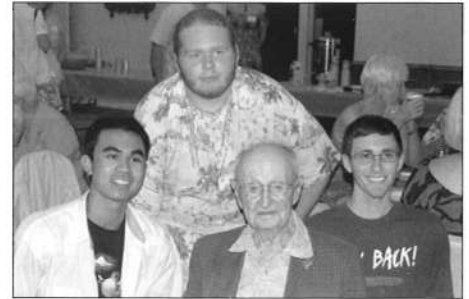
**Carol Boatner, Cindy Eaves and Terri Keffer for the various raffle prize donations.

**Jim Mangis and Thomas Moritias for the Timeline Tapestry and Jim again for all the photography.

Staff members, Sally Eckert-Smith and Courtney Darrough put together a Tiki Trivia Game that delighted the audience before our entertaining Polynesian Dancers; "The Aloha Dance Group" wowed the crowd with their unique dances.

Four scholarships were distributed this year to honor students in our youth "Building Bridges" program. They were Garrick Santos, Michael Manset, P.J. Sullivan and Brandon Willis. Congratulations to all.

We appreciate and thank every volunteer who lends his or her hands and heart to help a homebound senior thereby making the CAREGIVERS' mission come alive: "Dignity for Life!"



From all of us at CAREGIVERS, a heartfelt "thank you" to all of the following supporters. May 1, 2009 to November 30th, 2009.

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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.

"SAILATHON" A SPLASHING SUCCESS!!!

By Carol Boatner



On October 11, 2009, 22 boats turned out for our 8th Annual Sailathon hosted this year by the Pierpont Bay Yacht Club. Led by Dr. Laura Schlessinger, noted author and syndicated radio talk show host, the total pledged so far is over \$20,000.00. Dr. Laura has gathered more than \$13,000.00 in donations herself for which we are eternally grateful. She also received a plaque for sailing the most laps in a monohull sailboat in her J-100 named, "Perfect." and received a framed tile by the artist "Michellina" for bringing in the most donations.

For the first hour, the wind was non-existent, but the wind came up at 1PM and every skipper was encouraged and started to enjoy the competition. At 2 o'clock, board member, Andy Killion who originated this event, blew the whistle ending the competition, and everyone returned to the Yacht Club to enjoy the delicious clam chowder that was furnished by Sea Fresh Restaurants of Ojai and Channel Island Harbor, chili/cornbread, cakes, cookies and lots of goodies.

Awards went to the following: The Pierpont Bay Yacht Club had 14 entries and retained the "Ugly Fish" Award. The perpetual trophy was won by Ventura Isle Marina because they had the most skippers represented on the course. Easily winning the powerboat entry was the "Tami Lu" skippered by Jeff Greer who kept a safe perimeter around the sailboats but thoroughly enjoying the fun in the water. "Afterburner" it's crew and Skipper, Bill Gibbs completed 10 laps and won the Multi-hull award. The human power award went to a group of outrigger paddlers from Pierpont Bay Yacht Club represented by George Moore and his crew of women and men.

We would like to thank the magnificent efforts of our Sailathon Committee this year that included Andy Killion, Alan Ferentz, Randy Buckingham, Cindy Eaves, and Ginny Camarillo. Volunteers helping out that day were Jack Killion, Tina Killion, Keith York, Jim Mangis, Norm Weitzel and Anna Kittleson as well as CAREGIVERS staff, Carol Boatner, Marion Holzwarth, Courtney Darrrough and Terri Keffer. Sincere



thanks go to the following individuals and companies who contributed gifts for our prize drawings:

Fred Cook at Schaefer Marine, Llewellan Marine, Port Supply, Gary Swenson

SPECIAL STORIES FROM SPECIAL PEOPLE!

By Deana Minder, Program Assistant



Once again, I can say that I have had the honor of sharing so many wonderful moments with both the students from the schools in Ventura and some special visits with the seniors in our fair city. One noteworthy visit that I won't ever forget was about two months ago. I had three young boys from Buena High School volunteering in our Building Bridges program. Jordany Martinez, Jameson Ma and Keefe Nghe had the privilege of spending the afternoon at Roger and Evelyn LeGrand's home that day. After devoting about 30 minutes helping around their home with small chores that they had requested we accomplish, we all gathered around their kitchen table and both Roger and Evelyn shared past memories and stories about their lives. Roger shared his photo albums and handed out posters of what? for the youth volunteers to keep and hang on their walls at home. Roger was in the Air Force and was retired from NASA as an engineer working on the space shuttles. His many stories fascinated and mesmerized these young volunteers, including myself. They had wonderful stories

to share with us. Evelyn used to be in the Navy and had her own exciting stories that she shared with all of us. It was especially nice to listen to all of the questions that the young people had for the LeGrand's. We all learned quite bit of history from our short, yet intimate time together.

Roger has expressed to me on a couple of separate occasions since that visit, that he would love to come over to CAREGIVERS to speak to the many young people from this special program. I told him just how much both he and Evelyn are appreciated from all of us and I would love to get a much larger group together at another time sometime in the near future, so that others could experience the joy and knowledge that we experienced on that special day together.

It is just a perfect example of what the CAREGIVERS' program is all about. The exchanges between two diverse generations and the wonderful interaction between them.

THE CARING PEOPLE AT CAREGIVERS

By Marion Holzwarth, Director of Volunteer Programs

Georgia receives a phone call daily from a CAREGIVERS' Volunteer, Josie. Josie called CAREGIVERS' staff because Georgia's phone had been busy all morning. I told the volunteer that I would drop by to check on Georgia, since I was going out anyway. The phone was off the hook, as I suspected. While I was visiting her a neighbor came by to see if she was okay. Her daughter living in Texas had also been calling and had become concerned when she could not reach Georgia. Georgia was so happy to have so many caring people; her neighbor stopping by, her daughter calling from afar, and a CAREGIVERS' staff visiting, all checking on her because she lived alone and we care about her.

Georgia turned 91 years young on May of 2009. I noticed that she still had her birth-

day letter from CAREGIVERS taped on the living room wall, and it was already mid-October! She said "This birthday letter helps me remember the caring people at CAREGIVERS, so I do not want to take it down."

I have been a CAREGIVERS' employee and volunteer for over 8 years and daily I get reminded of what we do and how important what we do is to the elderly. One small "Have a Happy Day!" on a letter... stays on the wall for over 6 months because the elderly person is thankful for our help.

Volunteer's and CAREGIVERS' staff hope to continue to give many more elderly in our community comfort and dignity in the coming year. Enjoy your Holidays!

with Ventura Loft Ullman Sails, Todd Downey from Quantum Sails, Interlux Joints, Deacon Marine, West Marine, Anchors Way Marine Centers, Brophy Bros, Ventura Swimwear, Cucina Italian Spasso Restaurant, Trufflehound Fine Chocolates, Tina O'Brien-Painter, Ginny Camarillo, Carol Boatner, Ventura Harbor Comedy Club, Bariloche Restaurants, Heavenly Cakes, Wood Ranch Barbeque Restaurant, Simone's Coffee Shop, Meridian's Café, George Thompson Diamond Company, Harbor View Event Planners-Cindy Eaves, Judy Thiele, Norm Weitzel, Destinations by Denise & Sea Fresh Restaurants. Ford Graphics of Ventura made the Sailathon posters and we surely want to thank them for supplying them to us for free.

The Board and Staff of CAREGIVERS' want to thank every skipper and crew who came out to support our program by participating in the Sailathon this year. Heartfelt thanks and we hope to see you all next year..

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



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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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