



Southern Caregiver Resource Center

Caring for those who care for others

Volume 43, Winter 2008-2009

Wavelengths

Published three times annually
by SCRC

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Reflections on 2008 & Hopes for 2009



Looking back on my 22 years at Southern Caregiver Resource Center (SCRC), 2008 was a year not to forget. It was both wonderful and challenging. On the wonderful side, is the generous support we received from the Gary and Mary West Foundation. They matched the money we raised in the Respite Challenge, provided funds for our new web site, and gave us a grant to help caregivers through the use of technology devices. We are grateful for their support.

Another exciting project, launched last year, is our VA: Caring for Those Who Care program, a unique partnership with the VA California Offices on Caregiving to provide help to families caring for veterans who sustained a traumatic brain injury in the Iraq and Afghanistan wars.

We accomplished many things last year. While it's difficult to list them all, I'd like to highlight the fact that SCRC helped support over 3,000 caregivers in 2008. That makes me feel proud.

Now on to the challenges. Last year was tough with a cut in funding for our respite care program due to the State budget deficit, a fiscal crisis that continues to grow each day. Fortunately, due to generous donations from caring individuals in the community, we were able to minimize the damage and not one caregiver had to be cut from the program.

Another challenge was the loss of 3 long time staff members to retirement. When you work with excellent and caring staff for 10, 15, and 20 years it is hard to see them go. However, after being here for 22 years, I know that everything changes with time.

So here's to new beginnings in 2009. SCRC is already off to a good start. We launched our new website, www.caregivercenter.org in February. Our new program to help caregivers through the use of technology devices is up and running. Aging and Independence Services awarded SCRC the Family Caregiver Support Services contract for 2009-2010. We joined a collaborative partnership with the Benjamin Rose Institute in Ohio, to seek funds from the National Institute on Aging, to help caregivers and individuals with early-stage dementia. All this, and we are only a couple of months into the new year. However, in spite of all the good news, SCRC is not out of the woods. Additional financial resources are necessary to *keep* our services available to the growing number of family caregivers in need of help. Funding cuts in 2009 are unfortunately a painful reality. I will once again be turning to the community for support. Southern Caregiver Resource Center plays a vital role in helping families to care for their loved ones. It is my New Year's Resolution to continue to grow SCRC. Families need our help, now more than ever.

Thanks again for your on-going support.

Lorie Van Tilburg, Executive Director



Association of California Caregiver Resource Centers

Action Alert

January 10, 2009

Requested Action: Maintain Funding for California Caregiver Resource Centers Budget Item 4440-111-0001

Keeping California's 4 million family caregivers healthy saves our state money and keeps people in need of care at home

The California Caregiver Resource Centers (CRC's) are a statewide system of family caregiver support. Since 1984, the CRC's have assisted unpaid family caregivers caring for loved ones with adult onset brain impairments to keep their loved ones at home, and have helped delay placement of thousands of individuals into long-term care resulting in considerable savings for our health care system. Supporting and strengthening caregiving families preserves caregiver physical and mental health and results in use of fewer emergency services by both caregivers and care receivers.

Cuts to funding for the CRCs will jeopardize all services to family caregivers that assist them in remaining employed, healthy, and keeping their loved ones at home.

The CRCs provide a full complement of family services to assist caregivers in keeping their loved ones at home thus reducing additional costs to the state. The services include:

- **Specialized Information** – advice on caregiving issues, stress and community resources.
- **Family Consultation and Care Planning** – individual sessions that assess caregiver needs and set up caregiver plans for services and well-being.
- **Respite care** – planning for self-care by taking a break using financial assistance for in-home support, adult day care services, short-term or weekend care.
- **Short-term Counseling** – individual and family sessions to offer emotional support and behavioral strategies to caregivers.
- **Support Groups** – monthly meetings in a supportive setting to ease the stress of caregiving.
- **Training** – individually tailored workshops and evidence-based education on self-care and stress management, resources, care management, and strategies to master the challenges of caregiving.
- **Legal & Financial Consultation** – personal consultation and workshops with experienced attorneys regarding legal matters related to caregiving.

Cuts to CRC funding will jeopardize federal funding to the California Department of Aging (CDA)

The CRCs provide a majority of the match that the CDA's Area Agencies on Aging (AAA) use to receive federal funding for the National Family Caregiver Support Programs. Without this match the CDA may have to eliminate or reduce their family caregiver support programs.

We respectfully and urgently request that funding be maintained at current levels for the Caregiver Resource Centers for budget year 2009-2010.

In FY 08-09, the CRC system received a \$1.2 million cut. The CRC's have not received an increase in funding in over 7 years. Further cuts endanger destroying a system that saves money and strengthens families.

If you have any questions, please contact Vicki Farrell at 530.872.2609 or Erin O'Keefe Levi at 916.441.5333.

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NEWS FROM SAN DIEGO OFFICE



SCRC Bids Farewell....

Veronika Glenn, the face of Southern Caregiver Resource Center, has retired after almost 11 years. Over the years, Veronika gave way beyond what was expected of her. Veronika's commitment, caring and compassion has inspired and helped thousands of families as they cared for their loved ones. Her knowledge, expertise and ability to encourage caregivers to reach out for help was extraordinary. Veronika will definitely be missed, not only by all staff at SCRC, but by all the families she touched over the past 11 years. We wish Veronika all the best in this new chapter of her life.



On the Move....

Kurt Buske, Director of Programs & Services for the past 5 years, was recently promoted to Associate Director. In his new role, Kurt will take on additional responsibilities to include Fiscal Grant Management and Corporate Business Development. **Congratulations Kurt!**



SCRC Welcomes....

Sara Rom as Director of Education and Training. Sara originally grew up in San Diego and Orange County. She started working with older adults and their families while attending UCSD as an undergraduate. She received her masters in both social work and gerontology from The University of Southern California. She moved to the Bay Area after grad school and worked for the Area Agency on Aging of Silicon Valley and then for Mid Peninsula Housing Coalition with senior and disabled residents as a service coordinator and program manager, where she put together educational programs for residents and their families. Recently, she worked in Seattle, WA with the Department of Aging and Disability Services and then as a medical social worker with a home health agency offering services to patients and their caregivers. She is very happy to be back in sunny San Diego and excited to work for Southern Caregiver Resource Center and to continue doing the beneficial and wonderful work that Veronika Glenn did for so many in the community. She looks forward to getting to know everyone.



In her free time, she loves to salsa dance and has entered a couple of amateur competitions. She also loves to ski, hike, attend sporting and cultural events, and spend time with her boyfriend, their families, and friends.

Personal Emergency Response Systems and Medication Dispensers Available from SCRC for Free!!

Southern Caregiver Resource Center has been asked to be part of a pilot project, funded by the Gary and Mary West Foundation, to make personal emergency response systems (PERS) and programmable electronic medication dispensers available to 100 families (SCRC clients) for 3 years. This is exciting news, as PERS and the newly designed electronic medication dispensers represent simple technology that can make it safer to care for a loved one at home. These products are being provided by American Medical Alert Corporation (AMAC).

PERS systems are a critical safety product, particularly for individuals who need some care, but who are independent enough to be left alone at times. Users wear a small sending unit on a pendant, on a wrist band or on their belt. The sending unit has a button that can be pressed if the user is in an emergency situation and needs help. The sending unit places a call to AMAC's emer-

gency response staff, available 24 hours a day, 7 days a week, who then determine the appropriate action to take. During the duration of the 3 year pilot project, SCRC's client participants will benefit from the use of a PERS system free of charge.

The electronic medication dispensers are a great product for anyone who must manage their own medication regimen or caregivers who must manage a medication regimen for the person they are caring for. The medication dispenser available through SCRC's pilot project is called MedSmart. This unit is fully programmable to help ensure the right amount of the right type(s) of medication is taken at the right time(s). Pilot project participants will have a MedSmart unit set up in their home free of charge.

If you are interested in being a part of this exciting project or discussing how you and your loved one can benefit from this technology, call SCRC at (858) 268-4432.



Aging: When and How to Help

by Seraphina Galante

Most of us want to help a loved one or friend whom we view as older and perhaps in need of assistance. But, how do we know when we should offer to assist or suggest that they get help? And, if we decide to help, how is that assistance best delivered? This article summarizes some of the warning signs, offers suggestions for what to do, and lists some of the resources available.

Five Warning Signs of Potential Problems*

General Health and Weight Many people think that being thin is healthy, but losing weight without trying is a sign that something's wrong. Weight loss could indicate a significant health problem. Is there chronic illness? If so, is the person under regular medical care? Have they had to visit the ER several times recently? Has there been a memory lapse or loss that resulted in a significant impact; e.g., forgetting to eat or take medication?

Safety: In and Out of the home Take a look around the person's home, keeping an eye out for any red flags that might mean they're having trouble maintaining their home. Are the lights working? Is the heat or A/C working properly? Has a well-maintained yard become overgrown? Are there dirty dishes in the sink? Is the home cluttered with piles of newspapers, trash, or miscellaneous items? Think in terms of safety and fall prevention. For example, are there loose rugs, cords, pets underfoot, small tables or TV trays, adequate lighting, a non-slip tub or shower mat? If needed, does the person use an assistive device?

Person's ability to take care of themselves Pay attention to their personal appearance, as well as to the home and pets. Are bills being paid on time or paid twice? Has something been mistaken as a bill and been paid? Generally, this group of tasks is referred to as "Activities of Daily Living."

How are their Spirits? Note the person's moods. Everyone has good and bad days, but a drastically different mood or outlook could be a sign of depression or other health concerns. Do they seem withdrawn or blue? Talk to the person about their activities. Are they still connecting with friends? Have they lost interest in hobbies and other activities? Are they involved in social organizations or clubs? If they're religious, do they attend regular services? There could be practical reasons such as lack of adequate transportation, which might be resolved. But, it could also mean something more serious.

How are they Getting Around? Observe the elder's mobility and ease of rising from a seated position, walking, and steadiness on their feet. If the person has any health conditions that make it difficult to get around, they may have difficulty caring for themselves. For instance, they may experience muscle weakness, joint problems, or other changes that impact ease of movement. Does the person need a cane or walker? If unsteadiness is an issue, they may

be at risk of falling. The elder can practice fall prevention by making the home safer and staying as active as possible.

*Please see The Mayo Clinic's Web article, Healthy Living: "Aging Parents: 5 Warning Signs of Health Problems." <http://www.mayoclinic.com/health/aging-parents/HA00082> for some additional resources.

What to do if you have concerns

■ **Communication** Talk with the person about your concerns for their health and safety. Knowing that you're concerned may encourage the person to see the doctor. If more encouragement is needed, consider including others in the conversation; people who care about the person, such as a close friend or relative. If you emphasize that your intention is to help them maintain independence as long as possible, it can give reassurance to the person. If you believe it is best to request help from the person's doctor, you might need a signed release of information; however, you may give your insights and information to the doctor without the signed form.



Some tips about good communication: Show respect; no one wants to be treated like a child. Consider your relationship with the person and adjust your approach accordingly. Considering your and their styles of communication, what would be the best approach? Unless the situation is severe, asking questions rather than giving directives might yield a better outcome. You want this to be a "team effort."

■ **Assessing what is needed** What is the level of functioning? What type of help is needed to live as independently and as safely as possible? Consider the "Activities of Daily Living" (ADLs) that we all must accomplish each day. How is the person accomplishing things like personal hygiene, use of the bathroom, meal preparation, use of telephone, medication and financial management, cleaning, shopping, and transportation?

■ **What is currently in place?** What support is being provided now? Informal support includes friends, family, and neighbors who assist the person regularly or as needed. More formal supports can include meal delivery, public or private transportation, social service agencies, and home care workers. Also included in this list are adult day care centers or senior centers, emergency alert systems, legal services, and care management services. Other formal supports are Public Benefits such as MediCare for Low Income Beneficiaries, MediCal, In-Home Support Services, or Supplemental Security Income.

Even assistive devices for mobility, bathing, and reaching are part of the support system, as well as automobile modification.

Other things to keep in mind when considering the help that is already in place: What needs are covered by the Health Plan? Is there Long Term Care Insurance? Are there church resources? What financial resources are available?

(Continued on Page 5)

RESPITE SOS

*Lifesaving
Support
for
Family
Caregivers*

It is essential for caregivers to take time away from their responsibilities to relieve stress and prevent burnout.

Through Southern Caregiver Resource Center's (SCRC) Respite Program, financial assistance is provided for in-home respite, adult day care service and short-term or weekend residential care to assist families caring at home for an adult with a disabling health condition. It is SCRC's goal to offer life saving respite to all family caregivers to help them succeed in their goal of keeping their loved ones at home so they can age in place.

Families providing care to the frail elderly represent a growing segment of our population and as the baby boomers age, this segment will only continue to grow. Today, family caregiving provides for up to 80% of all long-term care for dependent elderly family members.

Current funding for respite services does not meet the demand. SCRC currently has over 700 families who are not getting this help due to lack of funding.

SCRC is a non-profit agency whose funding comes from individual donors, private foundations, Aging & Independence Services, and the annual fundraising special event The Bastille Day Celebration. In addition, an important source of revenue comes from the State of California. However, due to the fiscal crisis confronting California, SCRC received a budget cut this fiscal year. This cut has a direct impact on our ability to provide respite.

Last year, we mobilized all who care about families and caregivers to make a donation to the respite challenge. SCRC is continuing the challenge in 2009, as the need for

Aging (Continued from page 4)

■ **Make a Plan** Work as a team to solve problems and make a Plan; some people call this the "Care Team." It involves the person, relatives, friends, the church, members of the church community, doctor(s), and the larger community such as formal supports listed above. The Plan should be mindful of: *safety, healthcare, legal protection, socialization, recreation, & pleasant activities*.

If you have questions or need assistance finding resources, please feel free to contact
Southern Caregiver Resource Center.

Where to Find the Resources

- **Southern Caregiver Resource Center (858) 268-4432; (800) 827-1008**
www.caregivercenter.org
- **AARP.org**
- **AIS: Aging & Independence Services (County of San Diego)**
<http://ais-sd.com>
- **CMS: Centers for Medicaid and Medicare**
<http://www.cms.hhs.gov/>
- **Dept of Health Care Services—MediCal Application**
<http://www.dhcs.ca.gov/services/medi-cal/Pages/MediCalApplications.aspx>
- **Elder Care Directory Online**
<http://www.sandiegoelder.com/>
- **Eldercare Locator**
<http://www.eldercare.gov/Eldercare/Public/Home.asp>
- **U.S. Dept of Veterans—Search for “Aid and Attendance”**
<http://www.va.gov/>
- **Veteran Aid**
<http://www.veteranaid.org/>
- **Veterans Friend—veterans benefit consultant**
<http://www.theveteransfriendsocal.com/index.htm>
- **War Era Veterans**
<http://wareravet.com/>
- **Well Spouse Associate—for spousal caregivers**
<http://www.wellspouse.org/>



Look Who Gave to Us

SCRC was honored by the First Unitarian Universalist Church of San Diego when selected by their Social Justice Ministry Team as the "charity of the month." We were overwhelmed, by the generosity of the congregation's entire collection on November 9th, which totaled in excess of \$1,700. This is one of the unique outreach efforts that this caring church does to recognize and reinforce worthy agencies that support the community.

respite and the need for funding continues to grow. Our hope is that you will support this effort so families can get the help and support they need now, not a year from now.

Please consider making a donation with the cut-out form on the last page of this newsletter or go to our website www.caregivercenter.org and click on the Donate tab. Thank you so much for your support. If you have any questions, please call Lorie Van Tilburg, Executive Director at (858) 268-4432.



A Big Thanks to



The Linkery

This past October, Southern Caregiver Resource Center was the Charity of the Month at The Linkery. The Linkery is a casual farm-to-table restaurant in North Park. As featured in the New York Times magazine, The Linkery is one of a handful of restaurants with a "no tipping policy." However, if guests want to tip, the money goes to the Charity of the Month. Thanks to generous patrons throughout the month of October, as well as a special Board of Directors night at the restaurant, we received close to \$1,000. Thanks again to Jay Porta, the owner of The Linkery and to all the staff.

Unique Insights from Caregivers Without Children

by Claudia Baranowski (*past member, SCRC Board of Directors*)

I have often thought about my journey as a caregiver without children and wondered what other caregivers without children were feeling and experiencing. Since I have received wonderful support and ideas from the Southern Caregiver Resource Center for a variety of caregiving concerns, I asked Maggie Marshall if they had any articles or a fact sheet on this subject. We were both surprised to discover that this is a topic that hasn't received much attention. We sought out other caregivers without children to ask about their surprises, disappointments, unspoken fears, and challenges. Allow me to share these insights!

Childless caregivers can be viewed by other family members as having more time because we don't have "full families and responsibilities." This can cause an imbalance among siblings sharing the caregiving duties. One caregiver commented, "I've always felt it was different to care for my dad because I didn't have children. My sisters have 'real' families so they always think I can drop everything to care for our dad -- I don't have the same responsibilities because my family doesn't include children. It would be so nice if we could take turns." Another person shared that "there is a feeling I can somehow be more flexible or am able to easily change my plans. Even when my family decided on a date for the family reunion, I was the last one to be asked if the date they had selected was okay with me. I often feel I have to fit into everyone else's schedule because without my own kids, my life doesn't count in the same way. I have learned through caregiving classes, speaking with my family consultant, attending counseling sessions, and writing in my journal to find my voice as a single person in my family."

Many caregivers who don't have children are surprised at the pleasure as well as difficulty found in nurturing and caring for a loved one. We haven't experienced the rewards and frustrations that a parent feels when nurturing one's own children. A woman with no children of her own discovered that caring for her mother "was rewarding and satisfying as well as difficult. I liked being needed very much. I was totally shocked at how much I enjoyed the role as caregiver." This experience can also cause us to reflect on our choice to not have children. As one childless caregiver confided, "When Hospice entered our lives, and I could see my caregiving responsibilities were

coming to an end, I realized that I wished I had had my own children."

Another childless caregiver who juggles a full time job and volunteer commitments shared that there are some "chores" for her father that she won't relinquish to another family member. An example is doing her Dad's laundry -- it gives her a personal connection to him that she didn't experience with children of her own. "It's nice to know that my Dad relies on me for a basic need such as ensuring he has clean clothes! It feels good to be needed in this way, which I had not experienced because I didn't have my own children who needed help with the daily routines of life."



One caregiver beautifully expressed how "caring for my husband in some odd way has given my life more purpose. I missed having children, not by choice (which so many people don't know), and this gives me such a great feeling of being needed. I had never felt that so strongly until he became ill. People needed me at my work, but when I retired, well, I knew everything would go on without me. When you're taking care of someone you love, it's something we do (yes, as our duty), but it's more from the heart. It's what I want to do even though it makes me sad and is very stressful at times. Even though caring for him tears at my heart, I have found valuable lessons and am reminded to learn the good in every situation that life brings forth."

Caring for a parent can be an opportunity to "give back" for the benefit of the whole family. A childless adult might have been able to explore his own interests, career opportunities, and travel more frequently due to fewer time and financial constraints that can arise when supporting a family. He or she is now able to make sacrifices to help care for a parent. This help can relieve other siblings who have limited time because they are "sandwiched" between providing care for a parent and for a child.

While caring for a loved one, some caregivers discover that they might not have made a very good parent, had they had children. Nurturing doesn't come easy to some -- they feel awkward tending to another person, especially during hands-on situations. To help ease this discomfort, a "how to care" workshop can encourage a more natural experience for both.

(Continued on page 7)

We're Looking for "former" Caregivers

by Maggie Marshall

When we finish our responsibility of caring for a family member, have an opportunity to take a breath and rest up a little, we often look back and realize what a wealth of knowledge, insight and empathy we carry with us. At Southern Caregiver Resource Center we know how valuable you are and what important tools you have acquired along the way. We would like you to consider the possibility of sharing some of what you have learned on your complex journey.

SCRC is looking for "former" caregivers, who have a little extra time and a willingness to help current caregivers in simple ways that may make a big difference. Listed are several ways former caregivers are helping, supporting, and encouraging current caregivers.



The Director of the Caregiver-to-Caregiver Network works closely with each former caregiver to help them find a place to use their valuable skills and talents. We also offer an orientation class so each former caregiver will feel more comfortable in volunteering their time. There are many other ways you might offer your expertise from caregiving other than the ones listed. If you are interested in learning more about these exciting opportunities, please contact:

Maggie Marshall
858-268-4432 ext. 106 or
mmarshall@caregivercenter.org

When Carol Le Beau, San Diego's 10 news anchor heard about our special walking groups she said "What a fantastic idea, caregivers supporting other caregivers and getting good exercise all at the same time."

Unique Insights *(Continued from page 6)*

And there are kid related items that those of us without children haven't had experience with – an example is a nurse who suggested using a sippy cup. "It was a wonderful addition because it gave my mother constant access to liquids without the spillage. I didn't have any knowledge of sippy cups! I needed help with diaper salves and was fortunate to have several mothers guide me on the appropriate application." While non-mothers may lack certain knowledge about caring for someone, the good news is that we can uncover that information if we are open and ask for help.

Having children does not guarantee that they will be willing and able to assist us when we need help in later years, yet we assume children will accept the role to look out for us as we age. The special one-on-one time I've had while caring for my parents opened me up to wonder *who will take care of me?* Who will be in my

Ways Former Caregivers Can Help:

Walk & Talk Supporters – Our walking groups (Lake Murray, Mission Bay and Swami's Beach) each meet twice a month. There are two special ingredients that make this kind of support group unique. First, we gather in beautiful locations. Second, the caregivers who participate draw from the insight and wisdom of "former" caregivers. We do "check-in" just like a regular support group, share resources and enjoy a walk or stroll.

Buddy Supporters – After orientation class, "former" caregivers are matched with current caregivers to become phone/e-mail buddies. These volunteers contact one or two current caregivers to check on how they're doing. Also, some buddies meet for a cup of tea, see a movie, or walk together in the Walk & Talk Support Group. It's a lovely way to have a one-on-one relationship with someone needing extra support during challenging times.

Volunteer Artists – Most of our artists have been touched by caregiving in some fashion and find a genuine way to give their talent and time in our Space of Beauty journaling program. This program brings artists together to create extraordinary custom-made journals. Each journal is unique to the caregiver plus has prompts (passions, hopes, worries, new ideas) to make writing from the heart easier.

"V" formation (the act of how geese rotate back when one gets tired and needs additional support from the flock)? Who will be my advocate when I need help in the later chapters in my life? Many of us who don't have children have enlarged our supportive network to include long-time friends, neighbors and extended family members such as nieces, nephews and cousins. Having already learned to rely on these loving supports, I am hopeful that as I need care and encouragement, my expanded family tree will continue to offer me a helping hand, come to visit and include me in their active lives.

Thank you to all the caregivers (former and current) who shared their thoughts on this sensitive subject. Our hope is this will open up more heartfelt conversations with families and friends, so we can better understand each other.



Thérèse Bélanger Accepts Volunteer Position As Lead Artist

by Maggie Marshall



Lorie Van Tilburg announced that after four years of volunteering to head up our *Space of Beauty* program, Jane LaFazio (www.plainjanesudio.com) has stepped down. We thought after our 100th Journaling Tea Party (ending three years of the program) that Jane "might" not continue but she decided she wanted to offer her guidance, support and talent for one more year. Which meant Jane finished up her fourth year at the end of '08. We want to thank her for all she has done to "build" our nationally recognized program. Listed below are all the artists that participated in 2008 who created those beautiful journals you probably have heard a lot about. As you all know, we feel very strongly that great volunteers come and, of course, must go and the beauty of working together is not holding on too tightly as our lives change. SCRC is grateful for all the artists and their contributions, plus the additional assistance of Eileen Adler & Loving Layug behind-the-scenes. We thanked each volunteer artist this year with the help of Girl Scout Troop #3703 and the Troop Leader Carol Beck. The girls helped to make up special ribbon books to remind each artist how grateful we are that they share their time and talent with our devoted caregivers.



Thérèse Bélanger

Cathy Bourdon

Nancy Bruce

Karin de Baay

Karen Canfield

Joan Chan

Gwenda Curry

Maxine Custer

Lucy Hernandez

Terri Jackson

Kathryn (Kat) Kirby

Jane LaFazio - Lead Artist 2004 - 2008

Sandy La Flair

Jeannie Moore

Sandra Rabe

Cheryl Reist

Josie Rodriguez



2008

**Space of Beauty
Artists**

(Continued on page 9)



Thérèse Bélanger (Continued from page 8)

As we continue to grow and develop our program, we needed a new Lead Artist, and Lorie and I are delighted that Thérèse Bélanger has agreed to take on this important role. She is a native of Québec, where she began at an early age showing interest and talent in art. Thérèse is very active in the art community here in San Diego. As a member of the San Diego Watercolor Society, she shows her work at: San Diego Artwalk; First Unitarian Universalist Art Exhibit; and the San Diego Hospice and Palliative Care Art Exhibit, where last year she won First Place. When we first started the *Space of Beauty* program, she provided exceptional ideas and jumped in to create the first group of journals that were made. We are very grateful she is able and willing to take on this role as we enter 2009. With Thérèse's permission, I have taken a short quote from the note she sent to us accepting this position:

"Jane LaFazio has been such an inspiring and supporting leader for the last 4 years with her work, her words and the community of artists she brought into the program. Following in her steps is a bit intimidating and at the same time I realize that she has paved the way."

We are also deeply grateful for artist Karin deBaay who has been working feverishly to create spectacular journal covers and is also helping us to teach others how to make them. Artist Kat Kirby expanded our journaling prompts last year with the first time addition of a SoulCollage card as a part of the journaling program. For more information see (www.2KatStudios.com). With guidance from new volunteer Betty Owen, we wanted to start off the year with a new journaling prompt on *Self-Compassion*. After reading the write-up on Self-Compassion, take 3 minutes to jot down some of your thoughts. We think it will be helpful to all of our readers.

As we expand our *Space of Beauty* program in '09, we are offering an exciting new workshop series for caregivers to *Make Their Own Journals*. Many caregivers have expressed interest in coming together to use art materials to construct a journal and learn more about the techniques of getting their thoughts down on paper. SCRC wanted to provide interested caregivers with an opportunity to encourage their creativity and decided to design a workshop this spring. For more details on the schedule and overview of the workshops see page 12.

Self- Compassion

When we recognize that suffering and personal shortcomings are part of the shared human experience, we often are able to be more compassionate with others as well as with ourselves. One of the benefits of living a more compassionate life is that it opens us to connecting with others in those raw or fragile moments. From time to time, we are all disappointed in ourselves. By practicing more self-compassion, it can guide us back to a place we often don't visit enough, the place where we find *self-love*. When we are more forgiving, loving, and compassionate toward ourselves, we can move forward with greater ease. Self-compassion can be confused with self-pity, but it's not. The philosopher Friedrich Nietzsche says "*Pity makes suffering contagious and retaliating against the help being offered.*" It's often easier to focus on our shortcomings and continue to replay those self-critical tapes in our heads. We need to spend our energy on developing more self-compassion so we can be gentle on ourselves, especially during stressful times.

When you read about the principles of getting in touch with your true self or awakening your soul/spirit, authors of self-help books usually refer to your spirituality or true self. People often practice these principles through yoga, meditation, spiritual readings & writing, prayer, art, music, or dance. Many of these suggestions offer practical ways to what we call "quieting the noise inside so you can hear." Pausing several times a day helps us to be open to hear what we call our Soul-Self, Higher Power, God, or Universal Love.

This develops more self- compassion and, in turn, we become kinder to others and to ourselves.

Self- Compassion ideas to help me "pause"



Events and Information for Caregivers



SCRC Support Groups

- **ADULT CHILD AS CAREGIVER**, meets the 2nd and 4th Thursdays of the month at SCRC, 3675 Ruffin Rd. Ste 230, 5:30 to 7 PM. Facilitated by Kelly Farrell, MSW.
- **CLAIREMONT CAREGIVER SUPPORT GROUP**, meets on 2nd and 4th Wednesdays at Live Well San Diego, 4425 Bannock Ave, 1:30 to 3 PM. Facilitated by Jenica Cohen-Richards, MSW.
- **RANCHO BERNARDO CAREGIVER SUPPORT GROUP**, meets the 1st and 3rd Thursday of the month at the Remington Club, 16925 Hierba Dr.- Multipurpose Room, from 5:30 to 7 PM. Facilitated by Adrienne Burnette, Ph.D., MFT.
- **FALLBROOK CAREGIVER SUPPORT GROUP**, meets the 4th Thursday of the month at Fallbrook Healthcare Foundation Pittenger House, from 10 to 11:30 AM. Facilitated by Marianna Randolph, LCSW.
- **CAREGIVER SUPPORT GROUP FOR MEN**, meets the 2nd Thursday of the month, 11 AM to 12:30 PM, at SCRC, 3675 Ruffin Rd Ste 230. Facilitated by Edward De La Loza, LCSW.
- **FAMILY CAREGIVER SUPPORT GROUP**, meets the 4th Wednesday of the month at Foothills United Methodist Church, 4031 Avocado Blvd - La Mesa, 6 to 7:30 PM. Facilitated by Sara Rom, MSW, MSG.
- **HUNTINGTON'S DISEASE SUPPORT GROUP**, meets the 4th Monday of the month at The Well Being, 4305 La Jolla Village Drive in University Towne Center, 6 to 8 PM. Facilitated by Andrea Cangiano, LCSW.
- **MULTIPLE SCLEROSIS CAREGIVER SUPPORT GROUP**, meets 3rd Thursday of the month at The Well Being, 4305 La Jolla Village Drive in University Towne Center, 6:30 to 8 PM. Facilitated by Seraphina Galante, MSW.

■ **TELEPHONE SUPPORT GROUP FOR CAREGIVERS OF VETERANS WITH TRAUMATIC BRAIN INJURY, POST TRAUMATIC STRESS DISORDERS AND ALZHEIMERS DISEASE**, meets the 2nd Thursday of the month, 10 to 11AM. Facilitated by Andrea Cangiano, LCSW and Marianna Randolph, LCSW. [Open to caregivers living in counties in the southern half of California.]



When We're Not Walking by Maggie Marshall

Volunteer Lisa Nolan worked with each of our three Walk & Talk Support Groups to reflect back on 2008 and what we meant to each other. We wanted to try this as a new exercise by asking each member of the walking group the following question:

"If you could say or write one word to describe each of your fellow walkers what would it be?"

As part of the activity, each person came up with a private list of specific qualities that they admired about their fellow group members. Even though we didn't use the word admired, that's what people came up with on their own. It was an exercise that came quickly to most. One caregiver said, "I loved sharing with Lisa what other people in our support group meant to me, the words flew out of my mouth and I did wonder what people would say about me." Lisa then gathered all the special words up and took them home. She then made individual cards that said, "The best things in life aren't things – They're people like you." When you opened your card you found a beautiful list of caring words people said about you. One walker said, "When I got my card in the mail, it was like receiving a big group hug from everyone." It didn't seem to matter if you were a regular walker or you were someone who dropped in from time-to-time. Many caregivers commented that after they read their list, they couldn't believe what a difference they had made to one another.

For so many caregivers, support groups have countless benefits. It's a safe place where people feel they belong, can share what's in their heart, plus have an opportunity to listen to former and current caregivers and hear their hopes and experiences, which often triggers new ideas. Often as caregivers, we're not sure

where we belong in this big world. If we're caring for a spouse, we don't seem to fit into the couple's world anymore and we also don't fit into the world of singles. When we're caring for a parent or another family member, we often feel pulled in so many directions while trying to balance a spouse, children and extended family and friends. One walker shared, "I put my card on the refrigerator hoping it would remind me of my own gifts". And she said with a twinkle in her eye, "Also, I'm secretly hoping my son will notice the list too." Another walker who wasn't looking forward to the holidays said, "When the mail arrived I decided to wait. I could tell by the beautiful sky blue envelope with puffy clouds, that this was the card I was waiting for, and opened it on Christmas day. I was so moved by the words other people had written about me. I didn't know I had made such a difference to so many people in my walking group and had forgotten several of my own strengths. This card was filled to the brim with encouragement and was my favorite gift. Please thank Lisa for taking the time to meet with us, gather all the words and send them off, what a beautiful idea ... I may try it at a family gathering sometime."

Walking Groups

Lake Murray Concession Stand

 **Early Birds:** 2nd & 4th Saturday, 8 to 9 AM, Volunteer Ron Lohrbach leads walk.

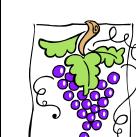
Mission Bay Information Center

 **Welcome Walkers:** 1st & 3rd Wednesday, 11:30 AM to 12:30 PM, Volunteer Graceann Hall leads walk.

Encinitas, Swami's Beach

 **Sea Coasters:** 2nd & 4th Tuesday, 1:30 to 2:30 PM, Volunteer Pat Clancy & Lisa Nolan leading the walk.

Save The Date

 18th Annual **Bastille Day** Saturday July 11, 2009 4 to 8pm

at Fairbanks Ranch Clubhouse
Mark your calendar for this fun and festive event



SCRC Offers Educational Opportunities for Caregivers

INFORMATION ABOUT PLACEMENT OPTIONS

We all know its important to have accurate information, but many family caregivers do not begin to gather information due to guilt or anxiety.

Information About Placement Options can help satisfy the need for caregivers to look into the future, simply by learning more. Information is provided in a safe and neutral atmosphere. The primary objectives of this four-hour workshop are:

- To obtain information about residential care facilities, including levels of care, and payment options
- To identify your loved one's level of care
- To learn how to evaluate a facility and decide which one would best suit your loved one

When: Thursday, June 4, 2009, 10 AM to 2 PM; Light lunch is provided

Facilitated by: Seraphina Galante, MSW

Where: 3675 Ruffin Rd, Suite 230, San Diego 92123

Cost: \$15 or sliding scale

Registration: Complete and mail registration form or call SCRC at (858) 268-4432.

SCRC's redesigned website is here!

by Kurt Buske, Associate Director

An important way to reduce caregiver stress and isolation is increasing support systems and the availability of relevant information.

Our newest resource is finally here! SCRC has redesigned its website for a new look and enhanced access to services and information.

CONTROLLING FRUSTRATION

The purpose of this class is to teach caregivers a set of skills for dealing with the frustration related to caregiving. In this four-week, four-session class, you will learn the following skills:

- Relaxation techniques to help you deal with those times when you feel overwhelmed, tense and/or angry
- How to identify and challenge unhelpful thought patterns in order to develop more adaptive responses
- Learn different ways of acting assertively when you need to express your feelings

When: Tuesdays, March 3 through March 24, 2009, 10 AM to 12 PM

Facilitated by: Adrienne Burnette, Ph.D., MFT and Kelly Farrell, MSW

Where: 3675 Ruffin Rd, Suite 230, San Diego 92123

Cost: \$30

Registration: Complete and mail registration form or call SCRC at (858) 268-4432.



BEYOND CAREGIVING: EXPRESSION THROUGH ART FOR CAREGIVERS

The tone of this class is both fun and meaningful. It stretches you to touch your creativity while having a sense of humor. Using discussion with humor and mutual safe support, it accomplishes goals that are similar to other caregiver classes. It differs in that we make projects that can be taken home with you. Many of the techniques used in the class include relaxation, visualization, writing, drawing, and collage. Art experience is not necessary.

"Beyond Caregiving" goals:

- Reconnecting with who you are
- Promoting self-awareness and self-expression
- Reducing feelings of isolation

When: Tuesdays, June 16 through June 30, 2009, 11 AM to 2:30 PM

Facilitated by: Seraphina Galante, MSW and Marianna Randolph, LCSW

Where: 3675 Ruffin Rd, Suite 230, San Diego 92123

Cost: \$50

Registration: Complete and mail registration form or call SCRC at (858) 268-4432.

Southern Caregiver Resource Center is very grateful to the Gary and Mary West Foundation for their generous grant award to redesign our website. The redesigned website is now up and running .

Come check us out at:
www.caregivercenter.org



POWERFUL TOOLS

This class is designed to provide caregivers with tools to reduce stress, to make difficult caregiving decisions and to prevent burn out.



This six-week, six-session class will provide tools to:

- Take better care of yourself
- Reduce guilt, anger and depression
- Reduce stress
- Communicate more effectively with your family and your doctor
- Hire in-home help
- Help memory-impaired elders
- Make difficult decisions related to your caregiving situation

When: Tuesdays, April 14 through May 19, 2009, 1 PM to 3:30 PM

Facilitated by: Jenica Cohen-Richards, MSW and Seraphina Galante, MSW

Where: 3675 Ruffin Rd, Suite 230, San Diego 92123

Cost: \$40 – cost includes *The Caregiver Helpbook*

Registration: Complete and mail registration form or call SCRC at (858) 268-4432.

all that apply

- CONTROLLING FRUSTRATION**, \$30, begins March 3rd
- POWERFUL TOOLS**, \$40, begins April 14th
- MAKE YOUR OWN JOURNAL**, \$30, begins April 16th
- PLACEMENT OPTIONS**, \$15, June 4th
- BEYOND CAREGIVING**, \$50, begins June 16th

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____ Email: _____

Payment Enclosed: \$ _____

Mail to: Southern Caregiver Resource Center, 3675 Ruffin Road, Suite 230, San Diego, CA 92123

MAKE YOUR OWN JOURNAL

The *Space of Beauty* program is offering an opportunity for caregivers to participate in a new workshop series where you will make your own journal. The pages you create will be meaningful to you by blending your favorite colors and interests. Supplies and materials will be provided to make this workshop easy and fun and allow plenty of room for your own creativity.

Goals for this workshop series are:

- Make an individualized journal for yourself
- Learn Journaling techniques—prompts to help you write
- Identify how writing is a useful tool for caregivers

When: Thursday, April 16th, April 30th **and** May 14, 2009, 10 AM to 12 PM

Facilitated by: Maggie Marshall, ME and Marianna Randolph, LCSW

Where: 3675 Ruffin Rd, Suite 230, San Diego 92123

Cost: \$30

Registration: Complete and mail registration form or call SCRC at (858) 268-4432.

REGISTRATION

To register for any or all of the classes, please complete the registration form below, clip and mail, along with your check payable to SCRC, to:

Southern Caregiver Resource Center (SCRC)
3675 Ruffin Road, Ste 230
San Diego, CA 92123

Please check the box next to the class name for the one(s) you wish to register for. Check all that apply. All class registrations must be received by SCRC at least two weeks prior to the first date of class. If you have any questions, please call SCRC at (858) 268-4432.

NOTE

Respite care is available for caregivers who need it in order to attend any of the classes. You must contact SCRC for additional details at least two weeks prior to the beginning of class to register for respite care.

Clip and Mail to SCRC

Education for Caregivers
January — June 2009



The Legacy Circle



The Legacy Circle is a special group of individuals who have made a bequest or lifetime gift to Southern Caregiver Resource Center (SCRC). These very important friends have chosen to leave a lasting legacy that will strengthen Southern Caregiver Resource Center and ensure that many other family caregivers have access to the valuable work and support SCRC provides in our community.

To join the Legacy Circle, all you need to do is inform SCRC that you have included them in your estate plan. If you need more information as to the various options and how it will benefit you personally, please call Lorie Van Tilburg, Executive Director of SCRC.

As a member of the Legacy Circle, you will receive the following benefits:

- Special invitations to all SCRC events.
- Two complimentary tickets to SCRC's annual Bastille Day Celebration event, featuring a silent auction and wine tasting.
- Your name engraved on the Circle of Giving plaque prominently displayed in the SCRC office.
- Mailings on caregiving topics that are personally designed for you.

Please join the many other friends who have chosen to become a member of Southern Caregiver Resource Center's Legacy Circle.



LINK2CARE

An innovative Internet program for Caregivers



"He that can have patience can have what he will." Benjamin Franklin

Words to live by, like the ones above, are posted daily on the Link2Care Website, as well as numerous articles on Caregiver challenges and the latest research developments on many brain-impairing diseases. Link2Care is an Internet site offering information on every facet of caregiving for dementia. You will find help with care planning and decision making, timely articles, and a community of caring friends. You can even consult an expert, one-on-one, for medical, legal and caregiving advice. There is also an ongoing discussion group which can be sent to your email daily — a kind of Internet support group via email. It's at no cost, available at your convenience, any time of the day or night. The Link2Care site is easy to navigate, even for a relatively novice computer user, and is also a secure, password-protected site, for your privacy and confidentiality.

Currently, Southern Caregiver Resource Center has a total of 539 active users on Link2Care. A local calendar of events can be accessed via the site, which includes SCRC support groups and the various educational opportunities throughout the San Diego area.

Register now to receive interesting articles. For additional information, please contact Southern Caregiver Resource Center.



Bookmark-It

The Space of Beauty journaling program is in need of unique bookmarks. If you have a special one or two that are cool or fancy, please drop them off at our office, at one of the walking or support groups, or send them to Maggie at SCRC.

Your donation will be greatly appreciated and will contribute to the uniqueness of the journals. Thank you!

Do you need Information?
What topics are of interest to you?
Do you have an idea for an article?

SCRC would like to collect your thoughts on future *Wavelengths* articles. We want to know what you want to read about. Please call us at (858) 268-4432 or email us at scrc@caregivercenter.org and give us your ideas.

Southern Caregiver Resource Center

announces a new way for you to offer your support to caregivers!

What if Southern Caregiver Resource Center earned a penny every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause? Well, now it can!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and Southern Caregiver Resource Center receives donations!

GoodShop.com is a new online shopping mall which donates up to 37% of each purchase to your favorite cause! Hundreds of great stores have teamed up with GoodShop and every time you place an order, you'll be supporting Southern Caregiver Resource Center.

Just go to www.goodsearch.com and be sure to enter **Southern Caregiver Resource Center** at the prompt that asks "Who do you GoodShop for?"

Spread the word! It's fun, it's easy, and best of all, you'll be supporting Southern Caregiver Resource Center's services for caregivers!

Start now!
Go to www.goodsearch.com today!



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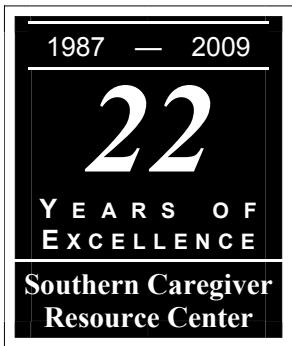


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Wavelengths

Volume 43, Winter 2008-2009

RESPITE SOS

Lifesaving
Support
for
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YES!

I want to contribute to the
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Thank you for your help!

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