



Wavelengths

Volume 59, Fall 2015

Message from the Executive Director

- Lorie Van Tilburg, Executive Director

SCRC was awarded a contract to expand **Operation Family Caregiver (OFC)** to Los Angeles, which is home to 325,000 veterans, the highest veteran population in California.

The contract was awarded through a competitive process by the Rosalynn Carter Institute (RCI) and funded by Johnson & Johnson.

There are approximately 36,000 post-9/11 veterans in Los Angeles, many of whom have sustained a traumatic brain injury and have post-traumatic stress. Caring for these individuals has a significant impact on the family.

I am very excited to add OFC to the resources available to military and veteran families in Los Angeles. The program helps families of returning service members and veterans adjust to the “new normal” by teaching them skills to more effectively cope with problems they may have never imagined. Through a personalized program, tailored to the struggles and strengths of each family, OFC coaches teach the families tools to best navigate their challenges, resulting in stronger and healthier families. Please see page 4 for more information on OFC.

SCRC is actively building the infrastructure and establishing

an advisory board in Los Angeles. OFC LA will be fully operational in 2016, with an OFC coach on board to work with families living in Los Angeles. Educational events are also underway.

SCRC is honored to be a part of RCI’s signature military program. I will keep you posted throughout the year as the program grows. You don’t need to wait until 2016 if you are a caregiver living in Los Angeles, or anywhere in California, and need help and support. OFC coaches in San Diego are available to help you now. Please call 1 800-827-1008 for assistance.

More good news. SCRC, with 29 years of experience in providing education on all aspects of caregiving, will provide training to families and professionals as part of the Geriatric Workforce Enhancement Program, a \$2.5 million dollar grant awarded to San Diego State University from the U.S. Department of Health and Human Services.



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Message from the Executive Director

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The award is to help create a collaborative center that aims to train the next generation of geriatric health care workers. The center will train graduate social work and nursing students, medical residents and fellows in the advanced techniques for recognizing and treating Alzheimer's disease and related disorders.

The key partners in this collaborative venture are: San Diego State University's School of Nursing, School of Social Work and the Graduate School of Public Health, along with Aging and Independence Services and four additional community partners. This is an exciting opportunity for San Diego.

"By bolstering training and know-how among geriatric workers, the award will allow us to make real progress in our efforts to help those with the disease, along with their families," stated Supervisor Dianne Jacob.

As 2015 comes to a close, I want to thank all of our friends, community partners and the families that support Southern Caregiver Resource Center. January starts 29 years for me as executive director at SCRC. I am just as passionate as I was in 1987 to grow and expand support for family caregivers. I am looking forward to new and exciting opportunities in 2016.

Happy holidays to you all!

Boosting Your Brain Health

- **Martha Rañón, Director of Education & Outreach**

Remember when mom used to say, "Finish your broccoli!"? Many of us probably moaned and groaned about having to sit at the table pretending to eat it, secretly wishing that if we stared long enough it would just disappear off the plate. It turns out, she had a good reason to nag us about it.

Those green, leafy, iron-rich cruciferous plants are chock-full of vitamins A, C and K, and are loaded with fiber. What you may not know is that they are also a great source of nutrients that enhance cognitive function and improve brainpower.

Steamed, sautéed, baked or raw — the benefits of eating broccoli are greater than we knew as kids. Eating two to four servings every day can help fight against cognitive decline. Try out the recipe to the right to aid you in your quest to eating healthier. And remember, next time you find yourself at the dinner table with the option to eat a serving of these green florets, "finish your broccoli" — and you will be glad you did.



RCI Summit in Americus, Georgia

Claudia Ellano-Ota, OFC-Los Angeles/Director Community Development, Lorie Van Tilburg, SCRC Executive Director, Mrs. Rosalynn Carter, Former First Lady, Roberto Velasquez, SCRC Chief Operations Officer, Kassy Mason, OFC Coach, Elizabeth Parks, OFC Coach, Jocelyn Merino, OFC Coach



28th Annual RCI Gala Awards Banquet, Georgia Southwestern State University

Roberto Velasquez, SCRC COO; Bonnie Petrauskas, J&J Executive Director, Worldwide Corporate Contributions; Kandy Ferree, Founder and President, 360° Strategy Group; Lorie Van Tilburg, SCRC Executive Director; Leisa Easom, RCI Executive Director

Pureed Broccoli Soup

Try this easy broccoli soup alongside a salad, or as a starter for a simple supper.

Yield: 8 servings, about 1 cup each. Total Time: 45.

Ingredients:

- 1 tablespoon butter • 1 tablespoon extra-virgin olive oil • 1 medium onion, chopped • 1 stalk celery, chopped • 2 cloves garlic, chopped • 1 teaspoon chopped fresh thyme or parsley • 8 cups chopped broccoli (stems and florets) • 2 cups water • 4 cups reduced-sodium chicken broth • 1/2 cup half-and-half (optional) • 1/2 teaspoon salt • Freshly ground pepper to taste

Preparation:

1. Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.
2. Stir in broccoli. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 8 minutes.
3. Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper. **Tips & Notes:** Make ahead tip: Cover and refrigerate for up to 4 days or freeze for up to 3 months.

From: *EatingWell on a Budget* (2010), January/February 2011

Caring for the Caregiver: An Annual Conference for Family Caregivers

- Martha Rañón, Director of Education & Outreach

Southern Caregiver Resource Center (SCRC), in partnership with the County of San Diego Alzheimer's Project and Aging & Independence Services/Family Caregiver Support Program, hosted the first caregiver conference specifically designed for Latino family caregivers taking care of adults with dementia, Alzheimer's disease or other related conditions.

This free, Spanish conference took place on Friday, Oct. 9 at the Jacobs Center for Neighborhood Innovation at 404 Euclid Avenue, San Diego, CA 92114. There were 250 guests in attendance.

The County "Alzheimer's Project: A Call to Arms" published several recommendations at a special Board of Supervisors meeting in December 2014. One recommendation was to address the needs of the largest and fastest growing population at great risk of Alzheimer's and related dementias by reinstating the Spanish caregiver conference. SCRC, the County's leading provider of caregiver support services and recognized expert on Latino caregiver issues, was selected to host this annual event.

The conference offered breakout sessions, at which families learned about: Alzheimer's disease and related

dementias; how to better communicate with a loved one suffering from memory loss; tips for managing difficult behaviors; how to care for the caregiver; relaxation techniques; and community resources. Attendees also participated in health services offered by community mobile clinics.

San Diego County is home to over 940,000 Latinos — 30 percent of the population — the largest and fastest growing minority group in the County. There are more than 48,000 Latino seniors (age 65+), comprising 14 percent of the total senior population. The County's Latino population will be the majority population by 2050, which will also be the height of the projected Alzheimer's epidemic, reaching 16 million people nationwide.

What is so relevant about these statistics? Studies consistently demonstrate that Latino older adults have higher rates of chronic disabling conditions, such as heart disease, diabetes, stroke and hypertension, which appear to have a cumulative increase risk for developing Alzheimer's disease and related dementias – in some studies up to three times the risk. Studies have also demonstrated that Latino

family caregivers, predominately women (spouses and adult daughters), tend to have higher levels of distress, and provide care for longer periods of time resulting in higher levels of impairment when compared to non-Latino families.

"I am thrilled that SCRC was selected to host the inaugural Spanish language Alzheimer's Caregiver Conference. I have spent over 17 years of my career developing dementia-specific support services and evidence-based programs for our County's Latino population. To have been part of this County-backed conference was a true honor."

- Roberto Velasquez, SCRC Chief Operations Officer



Alfredo Aguirre, BHS Director County of San Diego, Martha Rañón, SCRC Director of Education & Outreach, Lorie Van Tilburg, SCRC Executive Director, and Roberto Velasquez, SCRC COO.



Lorie Van Tilburg, SCRC Executive Director, Joaquín Anguera, Ph.D., Conference MC, Martha Rañón, SCRC Director of Education & Outreach, Ellen Schmeding, AIS Director County of San Diego, and Roberto Velasquez, SCRC COO.

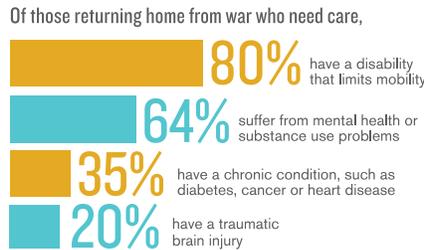


HOW DOES OPERATION FAMILY CAREGIVER STRENGTHEN MILITARY FAMILIES?

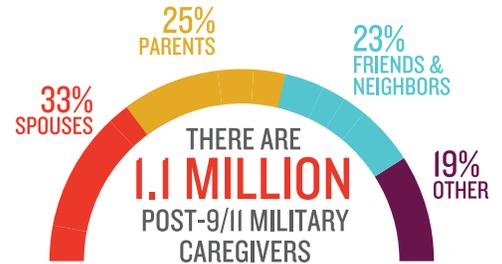
1. SERVICE MEMBER IS INJURED



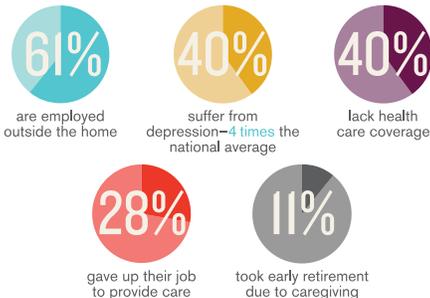
2. REINTEGRATION CAN BE JARRING



3. SERVICE MEMBER RELIES ON CAREGIVER



4. CAREGIVER STRUGGLES TO COPE



5. CAREGIVER REACHES OUT

OFC can be delivered in person at established sites and is available to caregivers anywhere via Skype.

- ✓ **FREE**
- ✓ **CONFIDENTIAL**
- ✓ **ONE-ON-ONE SUPPORT**



6. CAREGIVER COACH BRINGS SKILLS & CONFIDENCE TO THE FAMILY

CAREGIVERS:

- are **more satisfied** with their lives.
- feel **better prepared** to take care of their families.
- report **fewer health complaints**.



HOW CAN OPERATION FAMILY CAREGIVER HELP?



1 START BY REACHING OUT FOR HELP

Reaching out is a sign of strength. If you need help or want to learn more, contact one of the sites listed at www.operationfamilycaregiver.org or send an email to reachout@operationfamilycaregiver.org.



2 CONNECT WITH A CAREGIVER COACH

A specially-trained caregiver coach will meet you in person or via Skype and customize a free and confidential program unique to your family's challenges.



3 MAKE A PLAN

Together, you will come up with strategies to help you get through the tough times and manage any challenges that might come along.



4 DEVELOP AND PRACTICE NEW SKILLS

With the help of a coach, you'll add new skills and learn how to apply them not only today but over the long term.



5 GROW STRONGER

Your family will grow stronger and healthier as you feel more equipped to support them.

Sources: U.S. Census, Pew Research Center, Congressional Research Service, Wounded Warrior Project, and RAND Corporation: Invisible Wounds of War and Hidden Heroes

Am I Resilient?

Have you ever considered whether or not you are resilient?

- **Lorie Van Tilburg, Executive Director**

Resilience is the capacity to withstand stress and adversity, to bounce back and rebuild your life and overcome risk, adversity and devastating tragedies. Being resilient doesn't mean going through life without experiencing pain, grief or loss. It means learning to accept and work through the emotions and painful events that happen to all of us at one time or another.

Resilience is not something you are born with. It develops as you grow and learn from experiences. The skill is honed every time you cope with the inevitable ups and downs in life, moving forward stronger, wiser and better equipped for the next bump in the road.

People's coping skills vary when confronting a crisis. You may tell yourself that you are not strong, or that you lack confidence in your ability to handle stressful situations. Researchers have identified key skills and characteristics of resilient people, and many of these skills can be learned and strengthened — it just takes practice.

To increase resiliency, you first have to know the traits of resilient people, and then identify those traits in yourself. To boost your resiliency, look for missing traits or traits that need to be better developed.

The following are some common traits of resilient people:

Belief in oneself	Ability to manage strong feelings
Flexibility	Good problem-solving abilities
Good boundaries	Feeling of mastery of control over one's life
Self-awareness	Helping others
Good support network	Finding meaning in life despite adversity
Acceptance	Positive attitude.
Healthy habits	
Open to possibilities	
Mindfulness	
Close relationships	

Resiliency can be increased through many different avenues. Here are some of the best methods:

1. **Look for the positive in life, even if it is hard to find.** Find value in challenging situations. Applaud your strengths when you move through and handle difficult and painful problems.
2. **View adversity as an opportunity to grow and build confidence.** Embrace gratitude. Establish goals and develop concrete plans to deal with problems.
3. **Help others, and allow people to help and support you.** You cannot be resilient if you do not feel strong and healthy. Take care of yourself first.
4. **Find time to restore your battery and enjoy life, even if it is just a small break from your daily routine.**
5. **Humor is also key to boosting your resiliency.** Work to build laughter in your life. Being playful and finding humor in rough situations builds resiliency.

Life is a journey. Embrace change, practice acceptance and flexibility, and never lose sight of the need to nurture yourself through tough times. By taking care of your own needs, you can improve your physical and mental health, and raise your resiliency as you face life's challenges.

Word Search

OPEN	HEALTH
POSITIVE	SUPPORT
HUMOR	CHANGE
ACCEPT	GOAL

P	O	X	M	H	Z	L	E	H
Q	O	R	T	E	F	Y	U	V
T	P	S	H	A	N	G	C	T
X	E	O	I	L	R	O	H	R
L	N	A	M	T	C	A	A	O
R	O	M	U	H	I	L	N	P
Y	M	Z	Y	L	Z	V	G	P
A	C	C	E	P	T	P	E	U
Z	T	Y	Y	O	V	T	F	S

23rd Annual Bastille Day Celebration: Another Spectacular Year! - Roberto Velasquez, Chief Operations Officer

Merci to all of you who supported our Bastille Day event on the lake at Fairbanks Ranch. The celebration, featuring wine and beer tastings, food pairings and a silent auction could not have been better.

The party kicked off to the sounds of Grammy Award-winning Allan Phillips and Friends, followed by fast and furious bidding on special wines, fabulous trips and a highly coveted private dinner for 12 by Michel Malécot, owner of The French Gourmet.

SCRC would like to give special mention to the people who made Bastille Day such a great success:

Kevin and Marilyn Moriarty of **ActivCare**, who hosted our pre-Bastille Day event in May, which helped collect over \$8,000 in fine wines for our Bastille Day silent auction.

Arie Troyce, CEO of **Troyce Distributors Inc. & Neoartisan Global Wine Ventures**, who featured his very own Sauvignon Blanc "Surrender" at the pre-event for all to experience.

Michel Malécot, owner and chef at **The French Gourmet**, who thrilled Bastille Day guests with his mouth-watering cuisine.

Kudos goes out to **10News** anchors Kimberly Hunt and

Steve Atkinson, who honored us once again with their talent as our co-emcees.

Eli Shimirani, from **Barons Market**, who every year works so hard to bring all the wineries to our event.

Finally, **Robert and Susan deRose**, our lovely and generous hosts.

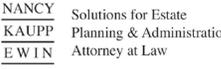
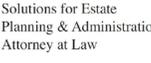
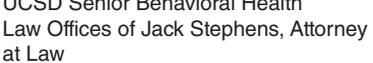
We are also so grateful to our generous supporters:

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Year-Round Corporate Partners: **ActivCare Living**, **Accredited Home Care**, **AtYourHome Familycare**, **Medi-Cal Regulation Specialists**, **Mission Healthcare**, **All Valley Home Care**, **A Caring Heart Home Care**, **Belmont Village Senior Living**, **Cygnnet Theatre**, **Golden Care**, **LivHOME Seniors Helping Seniors**, **UC San Diego Radiation Oncology** and **BrightStar**.

Event proceeds of approximately \$70,000 will benefit SCRC's programming, which reaches out to the 650,000 family caregivers living in San Diego County.

Plans are underway for our 24th Annual Bastille Day on July 16, 2016. Until then, au revoir and bon appétit!

Title sponsor	Media sponsors	Benefiting
	 	 
Thank You to our 23rd Annual Bastille Day Sponsors		
		
		
		
		
		
		
		
		
		
		

Bastille Day Photos



Robert deRose, Susan deRose and Lorie Van Tilburg



Roberto Velasquez, Bill Tate, Laurie Edwards-Tate and Lorie Van Tilburg



Roberto Velasquez, Bill Ray Smith, Kimberly Hunt and Lorie Van Tilburg



Monique Daniels and Yolanda Tucker



Laura and Arie Troyce

Preserving Financial Independence

- **Kathryn Humphres, Owner of Medi-Cal Regulation Specialists**

The Baileys lived a simple life, like many in their generation. They both worked hard and aggressively saved what they could. They skipped expensive, extravagant vacations and lived fiscally responsible lives, which enabled them to retire with a home and respectable savings.

Mr. Bailey was then, seemingly overnight, diagnosed with an illness and had to be admitted to the hospital, and later to a local custodial convalescent nursing home.

After paying the facility \$8,000 for the first month's care, Mrs. Bailey started to grow fearful that the monthly costs for Mr. Bailey's care would eventually leave her with nothing.

Mrs. Bailey investigated avenues that could help with the financial burden. A Medi-Cal duty officer informed her that she would have to spend their assets down to less than \$3,000 in order to receive assistance.

The Baileys then sold their home to privately pay for Mr. Bailey's care. Four years and \$350,000 later, Mrs. Bailey ran out of money and went to the Medi-Cal office for assistance.

Through tears, she could barely control her anger after I informed her, as her Medi-Cal eligibility worker, that the Department of Health Services has a Medi-Cal program for situations like hers and would have been able to prevent her total impoverishment. I told her that while Mr. Bailey remained in a nursing home, she could own a home, a car, pensions, and nearly \$120,000 in countable assets, and still qualify for assistance from Medi-Cal for Mr. Bailey's care.

This Medi-Cal impoverishment program was created to keep "well spouses" like Mrs. Bailey from becoming financially destitute due to their institutionalized spouse's catastrophic care costs.

This Medi-Cal program was created to protect and preserve the "well spouses" dignity and independence. Unfortunately, many of these spouses are unaware that they are not required to spend their entire estate on senior health care costs. Recognizing the difficulties that families face in obtaining Medi-Cal, I left the Department of Social Services and started Medi-Cal Regulation Specialists (MRS). I now work directly with families to help them through the Medi-Cal process.

Most families fail to plan for entitlement benefits until

someone needs them, which is usually a highly emotional and stressful time.

It is important for families to seek guidance when applying for Medi-Cal. You need to be prepared with complete information to advocate for your benefits. MRS has successfully represented thousands of families throughout California to achieve approval for Medi-Cal benefits.

For more information, please contact me at

(877) 677-6334 or visit www.needmedi-cal.com.

There are many myths surrounding Medi-Cal eligibility. Here are some of the most frequently asked questions:

What if I have been denied eligibility already?

Call MRS for assistance if you have been denied coverage in the past. Eligibility workers can often become overwhelmed by the large case loads they are responsible for and make a mistake, which can result in an inappropriate denial. It is under these circumstances that MRS would have the case reopened, and the client would be appropriately reimbursed.

Will Medi-Care pay for my long-term care at the convalescent home?

No, Medi-Care will only pay for the first 100 days of hospitalization and rehabilitation as long as there is constant improvement. Once the patient is no longer improving, the patient will be released to home or to a convalescent home under custodial care. At this time, the custodial costs are paid privately or by Medi-Cal.

Do I have too much income to receive Medi-Cal benefits?

One of the biggest misconceptions about Medi-Cal eligibility is that it's based on income. Medi-Cal eligibility is based solely on your countable assets, not your income. The only time Medi-Cal will look at your income is to determine your monthly share-of-cost after eligibility has been established.

Must I lose all my assets and my savings to receive Medi-Cal?

No! What you must do first is identify your countable versus your non-countable (exempt) assets. Only once all assets are correctly allocated and classified with California Medi-Cal will you then be able to determine Medi-Cal eligibility. Keep in mind what portion of your estate is countable and what is exempt. This can be very complicated.

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I was told if my husband and I have over \$101,540 in countable assets we are automatically ineligible. Is that true?

No! Under certain circumstances the “at-home” spouse is allowed to retain more than the \$101,540 in countable asset limits set by Medi-Cal. Through a fair hearing the “at-home” spouses resource allowance (countable assets) can be raised dramatically.

Can Medi-Cal place a lien on my home?

The Medi-Cal recovery branch has the right to file claims against the estate of a deceased beneficiary of Medi-Cal benefits. If the spouse of the Medi-Cal beneficiary is still living, then Medi-Cal cannot place a claim until after the death of both of the spouses. When set up correctly, a home can be legally transferred.

Will my revocable living trust protect my assets from Medi-Cal recovery?

No! A revocable living trust is a great tool in regard to tax exemptions and in helping your family avoid probate. A living trust will not help protect your home and other assets from Medi-Cal recovery, nor does it protect the assets when eligibility for Medi-Cal is being established.

MEDI-CAL REGULATION



SPECIALISTS

is proud to be a Year-Round Corporate Partner of Southern Caregiver Resource Center

60-Day Challenge - Roberto Velasquez, Chief Operations Officer

We have some exciting news this holiday season! Several of SCRC’s supporters have pooled together to create a \$10,000 Matching Gift fund! Yes, you read correctly. These generous individuals, affectionately named, SCRC’s “Secret Admirers” Club, will match your gift, dollar for dollar, over the next 60 days!

For as little as \$1 per day for 60 days, you can help us raise \$20,000 between Nov. 1 and Dec. 31. Your donation will allow us to immediately expand our critical family support and counseling services to help the 650,000 caregivers in San Diego County.

To take advantage of this wonderful opportunity and help family caregivers like Tony, please make your tax-deductible gift today by visiting our website at

www.caregivercenter.org and click the “Donate” button, or make a check payable to ‘SCRC’ and mail it to 3675 Ruffin Road, Suite 230, San Diego, CA 92123.

*“When you love someone, you just do it, ‘provide care.’ You don’t realize you’re depressed, you just keep providing the care until you’re stuck somewhere. I was exhausted, even angry, and thought about suicide. The guidance and counseling from SCRC saved my life.”
– Tony, Family Caregiver*

In appreciation for your donation of \$60 or more, you will be invited to join us at a special VIP event on Thursday, Feb. 4, from 5 to 7 p.m. to meet our “Secret Admirers” Club, and enjoy a delightful evening in honor of you – our wonderful supporters. Please stay tuned as more details are announced.

Thank you in advance for your generosity and support.

To view a short message from a caregiver, visit www.caregivercenter.org, click on the “Donate” button and click on “to view a short message from a caregiver.”



Space of Beauty artists who create personalized, handmade journals for caregivers were recognized by SCRC on Tuesday, Oct. 13 at a luncheon in Del Mar. The journals are filled with unique artwork and prompts that provide caregivers a place to jot down thoughts, tips and new ideas to try while on their caregiving journey.

Please contact SCRC for more information about the Space of Beauty program.

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Back row: Lorie Van Tilburg, Donna Farquar, Sandy Dunigan, Elizabeth Commentz, Karin de Baay, Nancy Jungling, Bonnie Davis, Thérèse Bélanger (Lead artist)
Front row: Karen Samenow, Maxine Custer, Donna Bloomer (Lead artist).

Holiday “Hustle and Bustle” Busters

- Lorie Van Tilburg, Executive Director

The words “holiday” and “stress” are often synonymous.

What once was fun and magical as a kid, has turned into “making a list and checking it twice” as an adult.

We live in a world of over commitment. For all of us, and especially caregivers, simplification is the key. How do we do that? Through one simple word: “No.”

It’s a small word, but one that is often hard to say, and even harder to say without guilt. We overload our lives with so many “to-dos” during the holidays because we don’t want to let people down, or because we have expectations or obligations to carry on traditions.

There are a million reasons why we make our lives so stressful, not just at the holidays but all year long.

One exercise that helps to say “No” to all the things we tell ourselves we have to do, is to ask a series of questions, including: Why am I doing this? What is my motivation? Do I really want to do something? Am I trying to please other people? Or is it simply I don’t know how to say “no”?

It takes time to develop tools to reduce stress in our lives. By practicing the simple steps below, you’ll be able to happily say, “No, I don’t have to bake six dozen cookies this holiday season.”

Hustle and Bustle Busters

1. Evaluate your motivation for doing something. This will help you determine your answer to a request.
2. Be mindful of expectations. Try to catch yourself if your thoughts are full of “shoulds:” I should buy more presents; I should go to the party; I should write holiday cards. Start to ask yourself if you really need to do all of the “shoulds” on your list.
3. Slow down. Many people race around during the holiday season without taking the time to relax and enjoy the moment. Check in with yourself to observe your energy level and your feelings. If you are anxious, frustrated, tense, or just uneasy and you don’t know why, it is a sign to take a break and to rest, relax and rejuvenate, even if it is just 15 minutes.
4. Daily mantra – “Less is more.” Repeat this 10 times and enjoy the spirit of the holidays. **HO! HO! HO!**



Community Education

Supporting family caregivers is one of Southern Caregiver Resource Center's most important services. In collaboration with our community partners, SCRC reaches over 15,000 family caregivers and professionals annually through educational programs. Our professional staff provide classes, workshops, conferences and in-services throughout the year at a variety of settings, including support groups, small and large businesses, churches, assisted living communities, community events, and more.

We offer caregiver-focused programs on topics to include "Caring for the Caregiver," "Holding a Family Meeting," "Caregiving Through the Holidays," "Communicating with Care," "Managing the Difficult Behaviors of Dementia," "Home Safety," "Understanding Alzheimer's Disease," and "Caring for Adults with Traumatic Brain Injury" – just to name a few. Continuation Education Units (CEUs) for

MFTs and LCSWs are available for many of our classes.

If you or anyone you know is interested in learning more about our educational programs or would like to request a presentation, please contact Martha Rañón, Director of Education & Outreach, at (858) 268-4432, or visit www.caregivercenter.org.

To see a full list of the available training topics, please visit the SCRC website.

Coming Spring 2016! – the Annual Operation Family Caregiver Conference

This is a special educational event that helps the families of returning post-9/11 service members and all veterans learn more about post-traumatic stress, traumatic brain injury, as well as services and resources available. Stay tuned for more details!

SCRC Support Groups

Southern Caregiver Resource Center offers professionally facilitated support groups for family caregivers. These groups are open and ongoing, registration is not required and all are free of charge.

Caregiver Support Group* – SCRC Office

Second and fourth Thursday of every month (5:30 - 7 p.m.)
SCRC Office - 3675 Ruffin Road, Suite 230, SD 92123
Facilitator: Elizabeth Parks, MSW

*This group has a focus on adult children who are caring for a parent, but is open to all caregivers

Caregiver Support Group – Clairemont

Second and fourth Wednesday of every month (1:30-3 p.m.)
Clairemont Lutheran Church Fellowship Hall
4271 Clairemont Mesa Blvd., SD 92117
Facilitator: Rebecca Boon, MSW

Caregiver Support Group – Rancho Bernardo

First and third Thursday of every month (5:30-7 p.m.)
The Remington Club, Multi-Purpose Room
16925 Hierba Drive, SD 92128
Facilitator: Jocelyn Merino, MSW

Caregiver Support Group – National City

First and third Tuesday of every month (2:30 - 4 p.m.)
Paradise Village Board Room
2700 East 4th Street, National City 91950
Facilitator: Kassy Mason, MSW

Caregiver Support Group* - Oceanside

First Thursday of every month (10 – 11:30 a.m.)
Holiday Inn Oceanside
1401 Carmelo Drive, Oceanside 92054
Facilitator: Jocelyn Merino, MSW

*For spouses or significant others caring for returning service members or veterans.

Senior Men's Caregiver Support Group

First Thursday of every month (10 a.m. to noon)
Vitas Hospice - Third Floor Conference Room
9655 Granite Ridge Drive, SD 92123
Facilitator: Frank Zwirlein, MSW
Cofounded by Ken Fousel & SCRC

EN ESPAÑOL – Caregiver Support Groups in Spanish

Chula Vista

First and third Wednesday of every month (4:30- 6:30 p.m.)
Norman Park Senior Center
270 F Street, Chula Vista 91910
Facilitator: Zulema Casiano, LMFT, (619) 618-6266

San Ysidro

Second and fourth Thursday of every month (3 - 4:30 p.m.)
San Ysidro Adult Day Health Center
3364 Beyer Blvd., San Ysidro 92173
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For more information, please contact our office at (800) 827-1008



Southern Caregiver Resource Center

Caring for those who care for others

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