



# Wavelengths

## State of Southern Caregiver Resource Center

by Lorie Van Tilburg



On Tuesday, July 28, 2009, Gov. Arnold Schwarzenegger cut \$489 million dollars from state health and welfare programs that mostly serve the poor, sick and elderly. These cuts had a direct impact on your local Southern Caregiver Resource Center – reducing funding from the State Department of Mental Health by 73%, or \$610,000. We are actually getting less money from the State now than when we started providing services to caregivers' over 22 years ago.

While many would argue that the cuts are a necessary evil during what is being coined by some economists as the "greatest economic crisis since the Great Depression", they do not make sense on a number of levels. First of all, our older population is growing at an extremely rapid rate. By next year, nearly 16 percent of California's population will be age 60 or older – and this is only the first wave of the 70 million baby boomers reaching the age of 60 over the next 15 years. Secondly, we know that the majority of care is provided in the home and not in institutions. Without the appropriate level of support, family caregivers are at extreme risk for developing emotional and physical health problems, including losing their jobs, all of which contribute to an increase in nursing home placement – *costing tax payers billions*. Finally, we know that the caregiver support services provided by Southern Caregiver Resource Center are proven to help family caregivers remain employed, healthy, and help keep their loved ones at home – *saving tax payers billions*.

Fortunately for Southern Caregiver Resource Center, we have assembled a very dynamic team of professionals

that have helped the organization diversify our portfolio by securing new opportunities for caregiver programming like the "Partners in Caring" project funded by The Harry and Jeannette Weinberg Foundation; the "REACHing Out to Hispanic Alzheimer's Caregivers" project funded by the County of San Diego Department of Mental Health, Older Adult Prevention & Early Intervention Division; the "Family Caregiver Support Program" funded by the County of San Diego Aging & Independence Services; and the "REACH II" project funded by the Rosalynn Carter Institute for Caregiving and Johnson & Johnson. These contracts have enabled Southern Caregiver Resource Center to maintain many of the core services that would have been at risk for elimination due to the recent State cuts. Nevertheless, the impact from the reduction in funding is hard felt. We have had to eliminate the very popular Caregiver-to-Caregiver Network. We also had to close our satellite office in Imperial County. In addition, our ability to meet the need for respite has been significantly impacted.

Despite the financial set back from the State, Southern Caregiver Resource Center wants you to know that we will maintain our commitment to the community to uphold our status as the leader in caregiver support services in San Diego County. We will continue to provide those life saving services *families* need to navigate the often daunting responsibilities of providing care to adults afflicted with chronic and disabling health problems like Alzheimer's disease, Parkinson's, stroke, heart disease and traumatic brain injury. These vital services provided by Masters level professionals and clinical

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## NEWS FROM THE SAN DIEGO OFFICE



### ***SCRC Welcomes....***

**Alejandra Ceja-Aguilar** as Director of Education and Outreach.

Alejandra was born in Uruapan, Michoacán, México and was raised in Shelley, Idaho around fields of russet potatoes, cows, and lots of snow! Alejandra has a Bachelor's degree from the University of Utah and a second Bachelor's in Spanish from the Universitat Autònoma de Barcelona. While living in Spain, Alejandra took advantage of her time in Europe by exploring Italy, France, and other areas of Spain. To this day, her favorite spot continues to be Florence, Italy.



Upon her return to the states, she worked at the University of Utah's Department of Psychology managing the Fogel Infant Lab, a psychological research lab looking at the development of emotions in Latino and Anglo-Caucasian children. In addition, Alejandra joined the YWCA's support network against domestic violence and was able to develop various resources for women and children in Salt Lake City.

In 2005, she obtained a Master's in Counseling from the University of San Diego. While at USD, Alejandra participated in a study abroad program in Bangkok, Thailand and was able to continue developing her love for the family structures that exist all over the world.

In addition to traveling, Alejandra enjoys salsa dancing, hummingbird watching, and spending time with her one-year-old niece.

The opportunity to work at Southern Caregiver Resource Center seems to fall at quite a fitting time as Alejandra's maternal grandmother is struggling with Osteoarthritis and Dementia. As such, she is thrilled to form part of such a wonderful network of caring individuals and looks forward to providing educational presentations in either Spanish or English for family caregivers around San Diego County, so that "we can all be better able to care for ourselves in order to continue caring for those we love."

### ***Program Changes at SCRC***

Unfortunately, due to recent and substantial cuts to funds SCRC receives from the State of California, we have had to make some program changes. Specifically, our Imperial County satellite office has been closed. We will continue to serve caregivers living in Imperial County, but will do so through our San Diego office. In addition, we have had to discontinue our Caregiver-to-Caregiver Network. This Network contained our Buddy Match program, Walk and Talk Support Groups and Space of Beauty Journaling Program. Only our Space of Beauty program will continue, although in a smaller form, as several of our volunteer artists have agreed to continue to make customized journals for interested caregivers. We are sad to see these valuable programs go, but also proud that we are able to continue to offer all of our core services in light of recent budget cuts.

### ***Resources You Can Borrow – At SCRC!***

Thanks to the support of Aging and Independence Services, we have added resources to our lending library. We have added lots of books and DVDs that cover a wide range of topics that are relevant to families we serve. These updated resources are now available in our library at our office in Kearny Mesa. We invite you to visit our library and check out these great resources!



### ***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 2 years. The PERS project is currently underway with participants.

The electronic medication dispensers are a great product for anyone who must manage their own medication regimen or caregivers who must manage a medications regimen for the person they are caring for. The medication dispenser available through SCRC's pilot program 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. MedSmart units are currently available throughout San Diego County.

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

### ***SCRC Staff Announcement***

Kelly Farrell, MSW, has been selected as our new Family Care Manager. Kelly has been a Family Consultant with SCRC for over a year and will now coordinate daily activities and perform direct client services for our new Partners in Caring project, funded by the Harry and Jeanette Weinberg Foundation. This new project is a collaborative effort involving multiple agencies delivering a comprehensive array of services to caregivers in the South Bay area of San Diego County. Congratulations, Kelly!

(State of SCRC continued from page 1)

staff include individualized assessments and care planning, case management and counseling, caregiver education and training programs, and support groups.

These services proved to be life saving for Mrs. Vicki Nenner – one of SCRC's Champions. She testifies, "Marianna and Adrienne (Family Consultants) helped me by providing insight and introducing me to all the support services available through SCRC..." "When Paul (my husband of 37 years) passed away, I even considered joining him..." "It was a very very difficult time..." "But my friends, my neighbors, and especially my Southern Caregiver Resource Center support team helped me get through this difficult period... they helped me when I needed them the most, and now I help them in their time of need." Mrs. Nenner recently blessed SCRC with another very generous donation to support family caregivers and has volunteered to host another event at her beautiful home in La Jolla next year.

I realize that this year will be a challenge, but I promise you that we will work feverishly to provide the life saving services that have helped so many families – like Vicki's during her time of need. We will employ a strategic year long fundraising plan and leave no stone unturned, but we can't do this alone. We need the strength and help of our community – our friends, our families, and our neighbors – to garner support and move our mission forward so that together we can help the thousands of caregivers in desperate need of vital support services. Therefore, I ask that you please consider joining our cause by getting your friends and families to make a tax-deductible charitable donation to Southern Caregiver Resource Center and become a Champion for SCRC! You can be assured that any investment in our organization will be well managed as 94 cents of every dollar contributed goes directly to help family caregivers. I know that we can overcome this economic crisis because no challenge is too large for a community that works together. Thank you for your support.



Lorie Van Tilburg, Executive Director

### You can help

by becoming one of SCRC's champions in the community!

Make a tax deductible donation now!

Encourage your friends and family to donate!

For more information about charitable giving, please contact Roberto Velasquez, Director of Development & Multicultural Services, at (858) 268-4432 x 114 or log on to our website at [www.caregivercenter.org](http://www.caregivercenter.org) and click the DONATE button.



18th Annual

## Bastille Day Celebration

By Roberto Velasquez

Rancho Santa Fe, CA – On Saturday, July 11, 2009, Southern Caregiver Resource Center (SCRC) held its 18<sup>th</sup> annual *Bastille Day Celebration* fundraising event at the beautiful Fairbanks Ranch Clubhouse. The picturesque lake and green, rolling hills and blue skies proved to be the perfect venue for the fun filled day of wine tasting, bidding on exotic international and regional fine wines, and eating delicious hors d'oeuvres catered by the exceptional Metro Catering, one of San Diego's finest! There was live musical entertainment by San Diego's very own Allan Phillips & Friends and over 200 of the County's whose who were in attendance. The event was hosted by Rancho Santa Fe community leaders Barbara and Max Dykmans.

"It could not have been a more perfect day to spend with our friends and supporters," said Lorie Van Tilburg, Executive Director for Southern Caregiver Resource Center (SCRC). SCRC rose close to \$60,000 to benefit families and caregivers of adults with chronic, disabling health conditions. "Despite the economic crisis we are under, the Bastille Day Celebration faired well in helping SCRC meet the fundraising goal for the event," said Roberto Velasquez, Director of Development & Multicultural Services, and MC for the event. There was a special guest appearance from the Honorable California Assembly Member and Speaker pro Tempore Lori Saldaña of the 76<sup>TH</sup> District. Assembly Member Saldaña spoke of the importance of SCRC's programs and services and even got the crowd started in the first ever live auction of the two most adorable pedigree Black Labrador Retriever puppies, donated by Marcus Vitale, owner of luckypup.com. "The tempo of the event was excellent and our guests really enjoyed the pairing of the wine stations with the exquisite food and the chocolate truffles from Godiva Chocolatiers," said Mrs. Van Tilburg.

SCRC would like to give a SPECIAL THANK YOU to its staff and volunteers, Max & Barbara Dykmans, Event Sponsor, Dean & Cheryl Raiken of Metro Catering, Eli Shemirani of ELI'S, Matt Francke of San Diego Wine Co., Alison Sorley, Lead Volunteer Ambassador, Anderson Direct and Qualcomm, Inc., Title Sponsor. A Special Thank You also goes out to our corporate sponsors AALL Care In Home Services, A Better Solution In Home Care, Accredited Nursing Care, ActivCare-Residential Living, Aegis at Escondido, At Your Home Familycare, Black & Edwards, LLP, California Bank & Trust, Collwood Terrace Stellar Care, Downtown Rotary, Elder Care Law Firm, Garden Park Villas, Heritage Senior Care, Law Offices of Jack Stephens, Maxim, Medi-Cal Regulation Specialists, Mintz Levin, Moss Adams, Senior Care Management Inc., SESCO Inc., Sheffler & Martin, Silverado Senior Living, Silvergate San Marcos, Somerford Place and UCSD Senior Behavioral Health.

For more information about Bastille Day or to find out how you can help at next year's event on Saturday, July 10, 2010, please contact Roberto Velasquez at (858) 268-4432.

*Pictures from the event start on page 4*



SCRC Board Member Nancy Ewin, California State Assemblymember 76th District Lori Saldana and SCRC Executive Director Lori Van Tilburg



Vicki Nenner wins one of the raffle prizes.



SCRC Director, Caregiver-to-Caregiver Network Maggie Marshall (center) with volunteer artists Donna Bloomer (left) and Claudia Baranowski (right)



Jeff Tierman and Max Dykmans

*Pictures continued on page 4*



SCRC Director of Development/Multicultural Services, Roberto Velasquez with Monique Richardson and SCRC Board Member Greg Richardson

We were unable to include all the great pictures we took from the event but still wanted to share them. You can visit our website at [www.caregivercenter.org](http://www.caregivercenter.org) to see the complete slideshow



SCRC Board Member Suzy Zoumaras and spouse Ranjam Majumder



Volunteers walked around with the two black Labrador puppies that were a special live auction



Some of the items in the auction were sweaters, artwork and of course lots of wine.



18th Annual

# Bastille Day Celebration 2009

SCRC's annual fundraising event to benefit family caregivers  
July 11, 2009 at Fairbanks Ranch Clubhouse

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## Book Review

Reviewed by: Kelly Farrell, MSW

### **Dying at Home: A Family Guide for Caregiving**

By Andrea Sankar

#### *About the Author*

Andrea Sankar is a medical anthropologist and gerontologist who is the Director of Medical Anthropology Program in the Department of Anthropology at Wayne State University. Her family provided care for a dying family member at home, which gave her the inspiration to study and write about family caregiving for the terminally ill. After originally publishing *Dying at Home: A Family Guide for Caregiving* in 1991, she studied and worked extensively with families caring for loved ones with HIV/AIDS. *Dying at Home: A Family Guide for Caregiving* is now available in a revised and updated edition.

#### *About the Book*

*Dying at Home: A Family Guide for Caregiving* is written in a simple, straightforward manner intended to be easily understood and read by family caregivers. Andrea Sankar's knowledge and understanding of the emotional, physical, mental, and spiritual effects of caring for a loved one who is dying provides family caregivers with a practical guide on how to handle the challenges that can arise with assisting a loved one to live out their last days in their own home.

After an introduction that provides background information on the increasing trend to provide hospice care at home, Sankar begins to focus the chapters on common issues in providing care from "Taking the patient home to die" to "After the Death". Each chapter is educational and offers valuable information for caregivers. Sankar utilizes the stories and memories of thirteen families who made the deci-



sion to provide care to their dying loved ones at home. The families, illnesses of the loved ones and experiences vastly differ, illustrating the uniqueness of each dying experience. Direct quotes from the families are used throughout the book to assist readers in understanding key points in each chapter.

Sankar focuses an entire chapter on "The well-being of the caregiver". This chapter discusses the importance of taking breaks and suggests that "simply changing the surrounding or concentrating on something other than the caregiving can provide a needed release of tension and a short space in which the caregiver relinquishes the burdens of responsibility (p. 142)." Sankar also recommends that caregivers should restrict their own expectations of themselves and delegate responsibility to others whenever possible (p. 145).

Sankar also includes extensive appendices. The first appendix, "Tasks and Problems of Caregiving", provides suggestions and tips on completing activities of daily living for the dying patient including hygiene, mobility, transfers, falls, and administering medications. The second appendix consists of additional resources for caregivers, including living wills and nursing homes. Sankar also includes an appendix on the unique concerns faced by those caring for someone dying of AIDS.

*Dying at Home: A Family Guide for Caregiving* is a book that should be read by all family caregivers who are considering caring for a dying patient at home. The real life experiences of the thirteen families included in the book show us that there is a great deal to be learned about the needs of caregivers who provide care for the dying. Sankar covers a vast array of caregiving topics and concerns and provides relevant information and suggestions for meeting the many challenges that may be present.

(Continued from page 6)

Greg & Betty Pardue  
John Person  
Pizza Nova  
Ed Porth  
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## Hospice Care *by Kelly Farrell, MSW*

When faced with caring for a loved one who has a terminal illness or who has a life expectancy of six months or less, many caregivers look for increased support and services to assist them in providing care. Many caregivers will be advised by doctors, social workers, and other professionals to consider hospice to keep their loved one comfortable throughout the dying process. But what is hospice? There are many myths and misconceptions that arise for individuals considering hospice and many are too afraid to ask for clarification.

### *Myth: Hospice is a Place*

The majority of hospice care is provided in the home, whether it is the patient's home or the home of a family member or friend. At times, a patient receiving hospice may require an inpatient admission and hospices vary on the type of inpatient care they provide. Some hospices have contracts with local nursing homes, which allow patients to be admitted for caregiver respite or for more intensive pain and symptom management. Some hospice patients will be admitted to a hospital that is contracted with the agency for pain management. Larger hospice organizations may have their own inpatient care facility for short term or long term stays.

### *Myth: All Hospices are the same*

Although Federal Medicare guidelines require Medicare-approved hospice agencies to cover certain services, not all hospice agencies are the same. Not all hospice agencies are Medicare approved and some differ in licensing. In addition, hospice agencies can be a non-profit, or be a for-profit corporation that is responsible to shareholders. Services required to be provided by hospice agencies under Medicare Part A include; physician services, nursing care, durable medical equipment, medical supplies, drugs for pain and symptom relief, short-term inpatient care, medical social services, home health aide, and other services as approved. These support programs can differ vastly between hospice agencies.

For a list of questions to ask when selecting a hospice agency, go to

<http://www.hospicefoundation.org/hospiceInfo/dearabby/questionsask.asp>

### *Myth: Hospice provides 24/7 Care*

With the exception of inpatient stays for respite or pain and symptom management, insurance companies typically do not cover 24-hour care. The hospice team (including nurses, social workers, home health aides, volunteers, chaplains and counselors) visits patients intermittently based on the plan of care established by the agency. Hospice agencies generally have staff available to provide telephone support or emergency assistance 24 hours a day/7 days a week. Always check with a hospice agency about their on-call procedures for nights and weekends.

### *Myth: Hospice will not treat infections*

The goal of hospice care is to keep the patient comfortable throughout the dying process. Therefore, certain curable conditions, such as a urinary tract infection or pneumonia, will be treated to make the patient more comfortable and to improve their quality of life. If the infection is not caused by the terminal illness, hospice may not cover the cost of the medication, but families should be given the choice to pay for the medication privately.

### *Myth: Hospice is only for the patient*

Hospice agencies typically offer a variety of bereavement and counseling services to the patient's family before and after a patient's death. Social workers and chaplains are accessible to the patient's family and can provide valuable support. They can assist families to cope with the emotional and spiritual challenges that can arise when a loved one is dying.

### *Myth: Hospice patients must be bedridden*

Hospice care can be appropriate at any time after a terminal prognosis is made, regardless of the patient's physical condition (Hospice Directory Organization). Many patients can receive hospice care and continue to live their lives socially. Patients on hospice and their families need support, information, and medical care throughout the dying process and by starting hospice care early, patients and families can receive the most benefit and assistance.



### *Myth: Hospice discontinues all of the patient's medications*

Hospice agencies cannot require that a patient discontinue medications kept to manage chronic illnesses, as these medications are intended not to cure an illness but to help a patient remain stable and comfortable. Hospice agencies must cover the costs of all medications that are directly related to the terminal diagnosis, but the family can provide medications not directly related to the terminal diagnosis as well. Some hospices will not cover life-prolonging treatments such as dialysis or blood transfusions, so always check with a hospice provider if there are treatments you wish to continue.

### *Myth: Hospice is for six months or less*

Private insurance and Medicare cover the cost of hospice as long as the person continues to meet the required criteria. After an initial assessment and acceptance into hospice care, patients are evaluated no less than every six months. By receiving hospice care, some patients may improve or stabilize and be discharged from hospice when they no longer meet the criteria. Patients are able to re-enroll in hospice care as needed.

(Continued on page 13)

## REACHing out to Hispanic Caregivers Of Alzheimer's Patients

by Roberto Velasquez

July 28, 2009, San Diego, CA – Southern Caregiver Resource Center (SCRC) received a “Notice of Intent to Award” letter from the County of San Diego, Department of Health and Human Services for the REACHing Out to Hispanic Caregivers of Alzheimer’s Patients Program (RFP 3585). The REACHing Out program is based on the NIH funded Resources for Enhancing Alzheimer’s Caregiver Health (REACH) model. This three-year contract will enable Southern Caregiver Resource Center to develop and implement an evidence-based Hispanic Alzheimer’s caregiver intervention program in the South Bay region of San Diego County. Funding for this program comes from California voter approved Proposition 63, the Mental Health Services Act (MHSA) of 2004.

“We are thrilled and honored that we were chosen as the lead agency to deliver this innovative, groundbreaking program in the Hispanic community,” said Lorie Van Tilburg, Executive Director. “We have assembled a team of experts to lead this program which include our very own Roberto Velasquez, Director of Development & Multicultural Services, Mario Garrett, Ph.D., Chair/Director of the Gerontology Department at SDSU, Ramón (Ray) Valle, Ph.D., Professor Emeritus and Adjunct Research Professor for the Department of Gerontology at SDSU, Dolores Gallagher-Thompson, Ph.D., Department of Psychiatry & Behavioral Sciences from Stanford University, Zara Marselian, CEO of La Maestra Community Health Centers and Andrea Skorepa, CEO of Casa Familiar Inc.” said Mrs. Van Tilburg.

SCRC will serve as the lead fiscal agency responsible for ensuring network development, community development, technical support and training, program sustainability, sub-contracting, program development and administration, quality assurance, and outcome evaluation. The overall **goals** of the program are: (1) to raise awareness on mental health needs of caregivers, (2) to encourage prevention, and (3) to mobilize advocacy for policy change. The **objectives** include: (1) prevent and reduce incidence of depression in caregivers, (2) prevent elder abuse/neglect, (3) delay institutional placement, (4) serve a combined total 400 unduplicated clients per year with Prevention services, and (5) serve a combined total of 200 unduplicated clients per year with Early Intervention services.

Casa Familiar and La Maestra Community Health Centers will provide the **prevention** activities (e.g. outreach and ma-

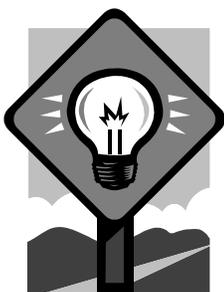
terial dissemination, community education, health fairs, informal peer support at workstations, caregiver support groups, etc.) through *Promotoras*. The Promotora model or “Peer-Counselor” has proven very effective in Southern California in improving health access and community awareness. Promotoras work with health organizations to provide outreach, patient education, individual support and linkages to other services in the communities in which they live. Promotoras have proven to be successful in traditionally underserved or isolated communities because they have experienced many of the barriers to care themselves and learned ways to overcome them. A total of four (4) full-time Promotoras (two from each agency) will be designated to the REACHing Out program. Casa Familiar, Inc. will be responsible for Prevention activities in the San Ysidro and South San Diego regions and La Maestra will be responsible for activities in the National City and Chula Vista regions.



The **early intervention** programs will be provided by two SCRC masters-level bilingual/bicultural clinicians. The evidence-based interventions will be provided in either a small classroom setting or on a one-on-one in-home basis, depending on the needs and desire of the caregiver and care recipient dyads. The program involves instruction and practice (e.g. role-playing) that teaches specific cognitive and behavioral skills proven to decrease caregiver depression and caregiver burden and increase caregiver health among Hispanic caregivers. SCRC and partners will work on the development phase of the program over the next few months. It is the goal of partners to have the interventions ready to go by April 2010.

“This was a very strategic proposal for SCRC,” said Roberto Velasquez of SCRC. Over 30% of the County’s population is Latino and studies suggest that this is the fastest growing older population in the County (not to mention the country), and one of the populations at greatest risk for developing Alzheimer’s and related dementias. “We need to implement and refine these types of evidence-based programs in our communities now so that we can help shape policy and best practices for future Alzheimer’s programming before we are hit by the first wave of the Alzheimer’s ‘tsunami’ within the next 5 years,” said Mr. Velasquez.

For more information about the REACHing Out program or to find out how you can help, please contact Roberto Velasquez at (858) 268-4432.

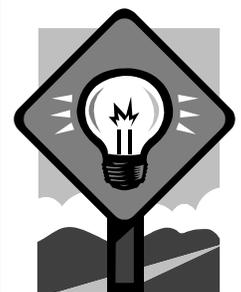


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Caregivers**



**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 the 2nd and 4th Wednesdays of the month 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 Thursdays 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 Alejandra Ceja-Aguilar, MA Counseling.  
\*Due to the holiday season in November & December, this group will meet on the 3rd Wednesday of the month (November 18th and December 16th- same time). January the schedule is back to normal.
- **HUNTINGTON'S DISEASE SUPPORT GROUP**, meets the 4th Monday of the month at Scripps Mende 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 the 3rd Thursday of the month at Scripps Mende Well Being, 4305 La Jolla Village Drive in University Towne Center, 6:30 to 8 PM. Facilitated by Seraphina Galante, MSW.

**In the Community . . . . .**

**BILINGUAL YOUNGER CAREGIVER SUPPORT GROUP**  
A new group to address the needs of Bilingual (*English/Spanish*) caregivers, 60 years of age and younger who are caring for someone with Alzheimer's disease and need some group support.

This support group meets the 4<sup>th</sup> Tuesday of the month at National City Public Library, 1401 National City Blvd. National City, CA 91950, 5-6:30PM  
For more information, please call (858) 622-5800 and ask for: Frances Martinez-Goodrich, MSW  
Co-sponsored by UCSD and the Alzheimer's Association, San Diego/Imperial Chapter  
Co-facilitators: Frances Martinez-Goodrich, MSW and Jorge Porras, M.D.

**Save The Date . . . . .**

**OCTOBER**

A Conference for Family Caregivers and Loved Ones of service members

**Friday, October 23, 2009**  
**8:00AM—4:00PM**  
**Naval Medical Center, San Diego**

Register by calling 1 (800) 827-1008 or See full flyer and registration information at [www.caregivercenter.org](http://www.caregivercenter.org)

Meet the Pharmacist—South Bay

**Wednesday, October 28, 2009**  
**10:00AM—2:00PM**  
**Kimball Senior Center**  
**1221 D Ave., National City**

Local pharmacists available to review prescriptions, medications, vitamins and supplements

Town Hall Forum—Alzheimer's in the Family

**Thursday, October 29, 2009**  
**8:30AM—12:30PM**  
**Ramada Inn and Conference Center**  
**5550 Kearney Mesa Rd., San Diego (92111)**

Medical experts discuss Alzheimer's Disease and Dementia's impact on families.

Register at (858) 565-4424

**NOVEMBER**

Aging, What is Normal, What is not

**Monday, November 2, 2009**  
**12:30AM—2:00PM**  
**Immaculate Conception Catholic Church**  
**2540 San Diego Ave, San Diego (Old Town)**

A free educational presentation with a focus on family caregivers.

Coping with the Holidays

**Thursday, November 5, 2009**  
**11:30AM—2:00PM**  
**Silverado Senior Center**  
**1500 Borden Rd., Escondido**

A free workshop for family caregivers and professionals on coping techniques for the upcoming holiday season. CEU's available for professionals.

Serving Older Women with Substance Use Problems

**Friday, November 13, 2009**  
**9:00AM—5:00PM**  
**Balboa Park Club**  
**2150 Pan American Road West, San Diego**

A free conference for professionals that addresses the social, health and mental health issues of older women with substance use problems that must be integrated into the recovery process.

Register by calling 1 (800) 827-1008 or See full flyer and registration information at [www.caregivercenter.org](http://www.caregivercenter.org)

**If your community or organization is interested in a free educational presentation for family caregivers, please contact Alejandra Ceja-Aguilar, Director of Education and Outreach, at (858) 268-4432 or [aceja@caregivercenter.org](mailto:aceja@caregivercenter.org) for further details.**

## Celebrate Yourself

by Maggie Marshall

As caregivers, often the first thing we lose is our sense of humor.

The 2009 Summer Challenge for the Walk & Talk Support Groups was an attempt to counterbalance the stresses and demands of caregiving. Our focus this summer was on humor and ways to increase laughter in everyday life.

Participants in the walking groups began this “homework assignment” by bringing in jokes, cartoons and funny stories. Carol, from the Mission Bay Walking Group, shared a picture she drew of what endorphins (a natural pain reliever) look like. To make it funny she added sneakers (the walking group logo) on where the nerve impulses reach the spinal cord and endorphins are released. Marge brought in a copy of America’s 10 Funniest Jokes and Judy read the wittiest anecdotes from Murphy’s Law (my favorite: “If the shoe fits, it’s ugly”). Each week, the walking groups collected more little lighthearted gems and we found ourselves laughing more and more before we started our check-ins.

We all know the medical and psychological advantages of “laughter being the best medicine.” As caregivers, it’s very easy to forget the importance of humor and laughter.

Linda-Jean, an active member of the Encinitas Walk & Talk Support Group, nailed the Summer Challenge. She said, “You won’t believe what I did, **all by myself**...I smiled and laughed my way through my entire birthday.” So I asked her to share her inspiring story which had such an astonishing affect on our entire walking group.

*“Wow, I thought when I saw the advertisement, Disneyland’s free on your birthday, but surely it didn’t mean for someone turning 61! So I checked out their website, found out that it was true and decided to sign up.*

*I called a couple of friends to see if anyone was free on my birthday. After learning no one could join me, I began thinking, ‘Oh well, crazy idea, who goes to Disneyland alone anyway?’ And then, something Maggie (Walk & Talk Support Group facilitator) had said to me came to mind – ‘Do something that’s fun for yourself, Linda-Jean.’*

*If you are fortunate enough to know Maggie, you know how she makes us THINK and DO. So that was it--I went to Disneyland all by myself. I turned my age around from 61 to 16, took a pic-*

*ture with Mickey Mouse and had a ball!*

*During the day, I found myself standing in the middle of the Disneyland parade. In just moments I was singing, clapping and dancing, simply caught up in the excitement. Little did I know that there were five very special women from Seattle a little way behind me doing the exact same thing.*

*When the parade moved on they came up to me and said, ‘Happy Birthday. We noticed that you are alone and are enjoying yourself as much as we are!’ We laughed and introduced ourselves and something magical happened - a friendship was forged.*

*The ladies I met had just won 6 tickets for priority seating at the nighttime ‘Fantasmic’ show. Since they saw I was having such a good time, they invited me to join them and use the extra ticket. Of course I said yes. When we met up again that night, we had front row seats and they even brought me a birthday present! (How special was that!)*

*When we parted, we exchanged hugs, e-mail addresses and promised to keep in touch. I’m happy to say that a couple of weeks ago, I spent a lovely day in Los Angeles with one of those special ladies.*

*As strange as that may sound to some, I never felt alone. I found that I left my own worries at the entrance to the park. Starting from the ticket booth and getting a big Happy Birthday button with my name on it, down to meeting wonderful people in every line, young and old and laughing more than I had in months. All in all, I had the best birthday I can remember.”*

It’s even more impressive if you had watched Linda-Jean come to her first support group. She came with a heavy heart and learned quickly from sharing her worries and listening to others that her journey could be easier. Through her growth and sheer determination she learned the importance of celebrating herself.

This story of bravery reminds us that we are responsible for our own happiness. Linda-Jean’s example highlights the importance of relying on ourselves, making positive choices and grabbing joy when we see it.



## Rosalynn Carter Institute awards SCRC Grant

by Roberto Velasquez

San Diego, CA – Southern Caregiver Resource Center (SCRC) was recently awarded a REACH-OUT grant by the Rosalynn Carter Institute for Caregiving (RCI) and Johnson & Johnson. This two-year grant will enable SCRC to expand its reach in the Hispanic community. The Resources for Enhancing Alzheimer's Caregiver Health project, is similar to the County funded REACHing Out project, except that it will only focus on the intensive in-home psychoeducational interventions and it will be offered within specific areas of the City of San Diego (e.g. Barrio Logan, Chollas View, Crown Point, Grant Hill, La Playa, Lincoln Park, Logan Heights, etc.).

This REACH-OUT project is based on the translation of the REACH II intervention developed by Dr. Lou Burgio at

the University of Michigan. The application process for the RCI REACH-OUT project was very competitive. "Overall, there were 98 applications across the country for 5 total evidence-based projects... 32 of the applications were for the development of REACH-OUT and SCRC was the only site selected in the country for this particular project," said Roberto Velasquez, Director of Development and Multicultural Services for SCRC. "Again, this is a testament to the leadership and expertise surrounding SCRC," said Lorie Van Tilburg, Executive Director for SCRC. Collaborating partners for this project include Drs. Mario Garrett and Ramón (Ray) Valle from the Gerontology Department at SDSU, and Dr. Dolores Gallagher-Thompson from Sanford University – one of the developers of the NIH funded REACH II intervention. SCRC hopes to time the implementation of the RCI project with the County funded REACH project in order to maximize resources and expand the service to meet the growing needs of Hispanic family caregivers outside of the South Bay region.

The Rosalynn Carter Institute for Caregiving (RCI) was established in 1987 on the campus of Georgia Southwestern State University (GSW) in Americus, Georgia. The RCI was formed in honor of former First Lady Rosalynn Carter, an alumna of GSW, to enhance her long-standing commitments to human development and mental health. The Rosalynn Carter Institute establishes local, state and national partnerships committed to building quality long-term, home and community-based services. RCI believes that this begins with providing caregivers with effective supports and making investments that promote caregiver health, skills and resilience. RCI also believes strongly in the need to provide greater recognition and support for professional and family caregivers. Their focus includes supporting individuals and caregivers coping with chronic illness and disability across the lifespan as well as limitations due to aging.

For more information about the REACH-OUT program or to find out how you can help, please contact Roberto Velasquez at (858) 268-4432.

Already feeling overwhelmed with daily caregiving responsibilities? The holiday season

makes room for an increase in stress, frustration, resentment and anger, instead of bringing forth peace and happiness. The memories of previous holidays in contrast with the difficulties of the current season can become exceedingly overwhelming. As the holiday season approaches, it's important to recognize that things will be different. It's a time to develop realistic expectations about what you can and are able to do. The extra work that goes with preparing holiday meals, shopping, decorating, preparing for family visits, and attending or throwing holiday parties can be quite exhausting. It's important to find balance between doing it all and simply "skipping over the holidays."

Instead of trying to do everything you used to do, you can pick and adapt a couple of those traditions that you hold dear to your heart. For example, if the holiday dinner was always prepared and hosted by your mother, but she is no longer able to do so, this could be an excellent opportunity for everyone to prepare one of Mother's favorite dishes to share, along with the recipe. Place the recipes in a recipe box for upcoming gatherings.

Regardless of what holiday you might be celebrating, many of these come with the similar tradition of gift giving and receiving. This is another wonderful opportunity to make some adaptations. For example, in your wish list you might ask your family and friends for: a couple of hours of care for your loved one, a massage for you, transportation for your loved one to



## Making Room for New Holiday Traditions

By Alejandra Ceja-Aguilar

and from the doctor's office, or help with some home repairs. For gift giving, think of non-traditional ways to go about this. For example, you might try using an online store or a catalog to do all of your shopping, use gift cards, or offer your friend a voucher for a conversation over a cup of tea, a day of fishing, or a nice dinner. Whatever you do, don't let gift giving become a hassle, keep it simple. Share conversations, laughter, and friendship.



As you plan for gatherings, keep in mind that these might be some very challenging times as change can often times upset a loved one receiving care. Remember that there are things you can control and there are others you must simply let go. It definitely helps to plan ahead, and if able try to find a way for your loved one to be a part of the preparation and the event. And as you are planning ahead, you might face the dilemma of how much or little to disclose about your loved one's condition. Keep in mind that honest communication can open the door for others to respond with assistance, thus reducing some of those feelings of isolation and lack of appreciation common amongst caregivers.

Do your best to enjoy yourself. Try to find time for the holiday things you like to do, even if it means asking a friend or family member to spend time with the person while you are out. Remember that you do not have to do this alone, ask for and accept the help of those around you.

## The Legacy Circle



Leaving a lasting legacy in memory of a loved one or special friend is the greatest gift many families can give. These gifts not only help strengthen your charitable organization of choice by ensuring that many other families benefit from the services for years to come, but they also often come with significant tax and financial rewards to the donor.

At Southern Caregiver Resource Center (SCRC), these special friends are recognized as members of *The Legacy Circle*. These very important friends have chosen to leave a lasting legacy in the form of a bequest or a lifetime gift 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. To learn more about The Legacy Circle or about the various estate planning options and how it will benefit you personally, please call Roberto Velasquez, Director of Development at (858) 268-4432 x114.

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 544 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.



LINK2CARE  
www.link2care.net

*(Hospice Care continued from page 8)*

*Myth: Hospice is for people who have given up hope*

Receiving hospice care does not mean giving up hope or that death is imminent. Hospice is the "something more" that can be done for the patient and the family when the illness cannot be cured (Hospice Foundation of America). Hospice can make the last months, days, and weeks of a person's life comfortable by providing the physical, emotional and spiritual support needed by both the patient and the patient's family. Angela Morrow, RN, states, "Hope looks different in hospice care but it is certainly not lost. The hospice team can help patients accomplish tasks, fulfill wishes and maintain hope."

### Resources:

Sutter VNA and Hospice:  
<http://www.suttervnaandhospice.org>

Hospice Directory:  
<http://www.hospicedirectory.org>

American Cancer Society:  
<http://www.cancer.org/docroot>

Hospice Foundation of America:  
<http://www.hospicefoundation.org>



## Winter Open House

**SCRC's 10th Annual  
Winter Open House  
Monday, December 7, 2009, 4 to 6 PM,  
At the SCRC office.**

**All are welcome to come and enjoy refreshments and meet and mingle with other friends and providers. Hope to see you there.**

## INFORMATION ABOUT CARE OPTIONS

Many caregivers do not begin to gather information about assistance that is available for them because of guilt or anxiety. This class is designed to provide accurate information about the options for care that are available to keep your loved one home, as well as provide information about out-of-home placement options. The primary objectives of this three-hour workshop are:

- To learn about options for keeping your loved one at home, including in-home help and adult day care centers
- To learn about programs available to assist with the cost of in-home or out-of-home care options
- To obtain information about the levels of care for out-of-home placement
- To learn how to evaluate a facility to decide which one would best suit your loved one

**When:** Tuesday, November 10, 2009, 12:30 PM to 3:30 PM

**Facilitated by:** Kelly Farrell, MSW

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

**Cost:** \$15 or sliding scale

**Registration:** Complete and mail registration form, call SCRC at (858) 268-4432 or visit our website.



*Save a Stamp*

### Online Registration

now available for all classes [www.caregivercenter.org](http://www.caregivercenter.org)

all that apply

CARE OPTIONS, \$15, November 10th

Clip and Mail to SCRC

Education for Caregivers  
June — December 2009

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Payment Enclosed: \$ \_\_\_\_\_

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

## Alzheimer's Requiem of a Dream

By Anita Tassviri

In my dreams my mother does not have Alzheimer's. She is the same feisty strong woman that propelled me forward in life with hurricane like wind. Believing in me wholeheartedly when I doubted myself. Reminding me everyday that the world was here for me to conquer it and overcome its challenges.

I substituted her confidence and fearlessness for my own. Wandering back to her often to refuel on determination and fortitude. Her diagnosis of Alzheimer's in her fifties and my twenties jolted me reluctantly toward independence. I scrambled to fill the void this disease created in my life. Robbing me of my personal advocate and sponsor far earlier than I ever imagined.

My mother and I have now switched roles. I encourage her when she is uncertain, and set boundaries for her where appropriate. Limitations she fights with the remnants of her vigorous sense of self. Barriers she would have encouraged me to tear down, always flustered by my excessive cautiousness.

My first indication that my mother was not well occurred when she filled out a form and spelled the country of her birth as "I3an." The letter "r" was consistently substituted with the number "3". When she then drew lipstick across her forehead, I took her to an optometrist. Hoping that new glasses would help her distinguish her forehead from her lips. When she drew lipstick across her forehead a second time, I gathered and hid all of her lipsticks. A futile attempt at shielding myself from the indignities this disease had in store for me. Alzheimer's torments the caretaker while it alters the memory of its victim. Erasing transgressions and turning dreams into reality. My mother remembers her life not as it truly was but the way she always dreamed it would be.

My freefall is tempered by two women. Complete strangers who have made it their life's work to help people like me. The first is Lisa Snyder of UCSD's Shiley-Marcos Alzheimer's Disease Research Center. The Center's mission is to carry out research into the causes, treatment, and prevention of Alzheimer's disease. The Center provides outreach to the

San Diego community regarding diagnosis, treatment, and care for persons with the disease. I call Lisa often as my mother's disease continues to unfold. She is never surprised by the new symptoms we are facing and gives me guidance on how to proceed. Lisa suggests I contact the Southern Caregiver Resource Center for additional assistance.

Southern Caregiver Resource Center is a non-profit organization which assists families to master the challenges of caring

for adults with chronic and disabling conditions by addressing the emotional, physical and financial needs of caregivers by providing cost-effective and prevention-oriented programs and services in San Diego County. At Southern Caregiver Resource Center I met Andrea Cangiano. Andrea is my project manager and coach. She calls me every few months to see how I am doing. She mails me literature on the new ailments we are facing and provides me with action items to complete. I would be lost without Lisa and Andrea. They are my advocates as I wander through this hazardous journey. I promise both ladies that I

will one day donate lots and lots of money to their organizations.

You do not have to have a family member be diagnosed with an incurable disease in order to appreciate the cycle of life. I remember as a little girl looking up at my mother. She seemed like a colossal being to me. Standing tall and firm, fearlessness and confidence emanating throughout her whole being. I would then look at my grandmother, short and feeble with a slight hunch which would rise and fall with her heavy labored breathing caused by acute asthma. I would wonder how the two were related. How such height could fall. As I now grow tall, my mother shrinks. I begin to carry a camera with me everywhere capturing my husbands and I's life. As he begins to protest, I remind him that one day we will be old and feeble, and he will look back on these photos and thank me.



Anita Tassviri is a family caregiver and client of SCRC.  
This article was originally published in Peyk, Persian Cultural Center's Bilingual Magazine,  
July-August 2009, Volume 122.

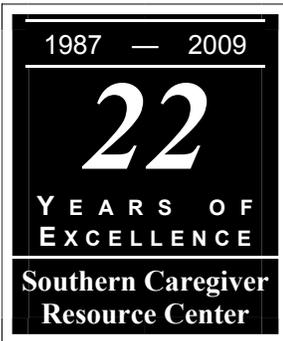


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**Southern Caregiver Resource Center**

*Caring for those who care for others*

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# Wavelengths

Volume 45, Fall 2009



Did you know that 94 cents out of every dollar contributed goes directly to help family caregivers?

Southern Caregiver Resource Center helps family caregivers remain employed, healthy, and keep their loved ones at home, saving tax payers billions.

**Make your tax-deductible donation NOW!**

## Southern Caregiver Resource Center



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**Yes!** I want to help families cope with the financial and emotional stress of caregiving by making a tax-deductible contribution to Southern Caregiver Resource Center.

Enclosed is my donation of \$\_\_\_\_\_.

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Phone \_\_\_\_\_ Email \_\_\_\_\_

I am making this gift in  memory of  honor of

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Please make check payable to SCRC and send to: 3675 Ruffin Road., Suite 230, San Diego, CA 92123. **You may also contribute online by visiting [www.caregivercenter.org](http://www.caregivercenter.org).**

I wish to be recognized in SCRC newsletter  I have included SCRC in my will  
 I wish to remain anonymous