



Wavelengths

Volume 61, Winter 2017

SCRC TURNS 30!

- Lorie Van Tilburg

It is hard to believe that 30 years ago this month I started Southern Caregiver Resource Center (SCRC). Where did the time go? Yet, when you look at the milestones (see pages 6-7), you will see that SCRC has grown and flourished. I am very proud of what we have accomplished.

The key to our success has been our community partnerships, many of which span 30 years, as well as the strong team of professionals that SCRC employs. In addition, SCRC has always stayed true to our mission of providing help and support to family caregivers. That mission has been the compass that guides all of our work.

SCRC has made a tremendous difference in the lives of so many families that have been faced with the challenges of caregiving. The need to support caregivers is only going to increase as the population ages and the number of military and veteran caregivers grows. Much work lies ahead.

As I look to the future, it is time for me to pass the baton. Effective January 1, 2017, Roberto Velasquez will become the new executive director. I have worked closely with Roberto for the past eight years and

am confident that SCRC will continue to prosper under his leadership and guidance.

As for me, I could never retire with so much left to do. My new role at SCRC will be managing director of Operation Family Caregiver, strategic partnerships and development. I am passionate about the opportunity to build this new division at SCRC to serve military and veteran caregivers statewide.

In closing, to the SCRC family over the years: board of directors, staff, colleagues, friends and caregivers; thank you for making the last 30 years of my life a truly wonderful and enriching experience.

With all my best,
Lorie



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Changing of the Guard

- **Roberto Velasquez, Incoming Executive Director**

I joined Lorie and the team at Southern Caregiver Resource Center (SCRC) in February 2009, with the aspiration that my 20 years of experience working in the health and human services arena would benefit the agency and families served. Immediately upon my arrival, my skills were tested at the highest level as the California Department of Mental Health Services cut our budget by 75%.

We knew the budget cuts would leave many families without services, but we were not going to let that happen at SCRC. Working alongside Lorie and the team, we developed strategies, plans and proposals that were submitted to private and public agencies, as well as businesses and individuals. These efforts paid off. Instead of pulling back support during these challenging times, SCRC was able to expand services, and develop and implement award winning evidence-based programs. Through the partnerships we built with researchers, universities and other community agencies, we were able to meet the growing needs of San Diego County's most vulnerable, underserved and culturally diverse populations coping with Alzheimer's and related dementias.

Most recently, SCRC has expanded services to better care for family caregivers of service members and veterans suffering from PTSD, TBI and other physical disabilities through Operation Family Caregiver.

Always staying true to our mission, SCRC has grown from an initial staff of three serving 150 families annually, to a staff of 30 serving over 80,000 annually. I am very proud to have been a part of these accomplishments.

During my tenure, it has been a pleasure and honor to work, and learn, from one of the industry's best—Lorie Van Tilburg. As SCRC celebrates 30 years as the leading provider of caregiver support services, I am extremely delighted and privileged to be selected as the new executive director for the organization. I truly look forward to working with our Board of Directors and our incredibly talented professional staff as SCRC begins a new chapter.

To kick off our 30th anniversary, we launched a \$30,000 matching gift campaign. With your help, SCRC will continue to grow and support the rapidly growing needs of family caregivers. Please join us in these efforts (see page 12 for more information).

Brain Exercise

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

One of my greatest joys is to be able to share in the knowledge of caregiving with others who find themselves in this journey. Always within my message is the need to be able to care for ourselves and find some coveted "ME" time to do what we like. We often talk about maintaining a good balance between nutrition, physical health and mental wellness in the hopes of staving off cognitive decline, so you can imagine how pleased I was when someone recently asked me for some examples of what can be done to boost our brain power while caregiving! This brain exercise comes from Dr. Vojtkofsky's book *Keep Your Brain Stronger for Longer*. I hope you find it fun and challenging enough to give you a mental workout.

Find the correct word that matches the definition

- | | | |
|-----|-------------|------------------------------|
| 1. | s _ _ _ e | to look happy |
| 2. | h _ n | the source of an egg |
| 3. | e _ _ o | when sound reverberates |
| 4. | u _ _ _ _ l | a fork, spoon, or knife |
| 5. | d _ _ i | a sandwich store |
| 6. | e _ _ _ _ n | a feeling |
| 7. | a _ _ _ s | pains |
| 8. | s _ _ _ _ s | spring, summer, fall, winter |
| 9. | p _ _ h | a garden walkway |
| 10. | s _ _ _ _ e | a soup cracker |
| 11. | c _ _ t | an informal talk |
| 12. | s _ _ _ d | swiftness |

Answers: 1.smile, 2.hen, 3.echo, 4.tensil, 5.dell, 6.emotion, 7.aches, 8.seasons, 9.path, 10.saltine, 11.chat, 12.speed

Serving Latino Family Caregivers

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

Since 2009, Southern Caregiver Resource Center (SCRC) has provided evidence-based, culturally appropriate programs as part of our services focusing on Latino family caregivers. This year, the County of San Diego Behavioral Health Services awarded SCRC the new contract for the Caregivers of Alzheimer's Disease & Other Dementia Clients Support Services to continue to serve the needs of family caregivers throughout the San Diego community.

To further this goal, SCRC, in partnership with the SDSU Research Foundation, hosted its third conference specifically designed for Latino family caregivers taking care of adults with dementia, Alzheimer's disease or other related conditions, as part of the Geriatrics Workforce Enhancement Project. This free Spanish conference took place on Thursday, October 20, 2016, at St. Paul's Plaza in Chula Vista.

We know how crucial it is for individuals to obtain assistance in order to better navigate the challenges of caregiving. This conference provided caregivers the platform to listen to experts in the field, ask them questions and connect with community resource organizations.

I had the pleasure of organizing and presenting at the conference and was curious to hear directly from the

participants about their challenges and hopes as family caregivers. Below are some of their comments:

"I didn't realize how maintaining a healthy diet affected my brain health. I definitely want to start making a change in what I eat."

"I now have a better understanding of how dementia develops. This presentation gave me good insight into why my mother repeats herself."

"This conference touched on lots of important topics that my family and I need to discuss. I now feel empowered to bring up these topics."

If you or someone you know is interested in attending the educational classes offered by SCRC, please visit our website or contact us directly at 1 (800) 827-1008.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1QHP28717, Geriatric Workforce Enhancement Project award of \$2.5 million. This information and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.



SCRC Board Member Angelica Niño-Medlock and Martha Rañón



Lee Hernandez from the Office of Assemblywoman Shirley Weber and Martha Rañón



Participants listening attentively to the speaker



Participants connecting with community resources

OFC Spotlight

- Lorie Van Tilburg, Managing Director of Operation Family Caregiver, Strategic Partnerships and Development

Operation Family Caregiver (OFC) turns three! We have come a long way in three years to support military and veteran caregivers. We are excited to report that the Rosalynn Carter Institute for Caregiving and Johnson & Johnson have awarded Southern Caregiver Resource Center (SCRC) additional funding to help support the growth of OFC. Through the online video-messaging platform, Skype, our OFC coaches have provided support to caregivers across the country. The primary focus of this initiative has been in Southern California, however, as the program matures, SCRC will be establishing OFC statewide.

The work in Los Angeles has grown significantly over the past year to include partnerships with organizations throughout the city, including: USC, UCLA, Operation Mend, Cohen Clinic for Military Families at USC, Mindful Warriors and many more.

Exciting possibilities are on the horizon with the “Hidden Heroes Cities” initiative that was launched by The Elizabeth Dole Foundation (EDF) this past September, featuring Tom Hanks as the spokesperson. The EDF is calling on every city in America to pledge their support to military and veteran caregivers throughout the communities. An estimated 5.5 million military and veteran caregivers live in large and small cities across

the nation. The alarming challenges they face cannot be solved from Washington, D.C. alone. Every community has a responsibility to rally around these hidden heroes.

Mayor Kevin Faulconer and the City of San Diego was the first city to step up to the challenge. The Mayor’s office established a steering committee to develop a blueprint that will serve as a guide for other cities across the country. Many people caring for others do not identify as a caregiver, creating a barrier preventing them from getting the help and support they need. The goals for Hidden Heroes Cities are to help people identify themselves as caregivers, increase awareness of their needs, and identify and expand resources within the local community to meet those needs.

We also look forward to working with Mayor Garcetti and the City of Los Angeles on this initiative. It is our hope that SCRC will be able to assist many cities throughout California as they join the challenge.

On a final note, if you are a military or veteran caregiver, or you think you might be one, please call 1(800) 827-1008 to talk with an OFC coach. Support is free, confidential and available nationwide.



Hidden Heroes Launch in D.C.: Lorie Van Tilburg, Judy Whittlesey and Nikki Stephens



Tommy Lasorda, Major League Baseball Hall of Famer & Avid Supporter of the Military and Lorie Van Tilburg at his birthday party



Deborah Horstkotte, Caregiver, Lorie Van Tilburg and Eve Nasby, Amerit Consulting/ Operation American Dream at a live radio interview



Tom Hanks and Roberto Velasquez at Hidden Heroes launch in D.C.



Tess Banko, Nathan Graeser and Kristine Stanley at the State of the American Veteran in CA Conference



Former First Lady Rosalynn Carter and Lorie Van Tilburg at the RCI Summit in Georgia



Melissa Comeau, Military & Veteran Caregiver Network and Jocelyn Merino, SCRC Family Consultant/OFC Coach at the RCI Summit in Georgia



From the left: Andrea Cangiano, SCRC Director of Programs and Clinical Services, Elizabeth Parks, SCRC Family Consultant/OFC Coach, Kim Fuller, OFC Los Angeles Coach, Rebecca Boon, SCRC Family Consultant/OFC Coach, Lorie Van Tilburg, Jocelyn Merino, SCRC Family Consultant/OFC Coach at the RCI Summit in Georgia

Wherever You Are...Be There

- **Karen Solt, Advanced Holistic Coach**

Today I find myself in my Arizona hometown to provide some care for my 84-year-old father. It was an unplanned trip and started with a phone call that he was hospitalized at the VA. The decision was obvious...I canceled some work, packed up a few things and hopped in my car to drive the 400 miles it takes to get here. I'm glad I did. If I had stayed in California, my thoughts would have been here in Arizona. I would have been worried about my dad, what kind of care he was getting, if he was around strangers all day long, if he was confused (he has Alzheimer's Disease), or if he wanted someone from the family to be with him. I would have been here (in Arizona) mentally, which would serve no one. I came here for him and I came here for me.

This "being present" thing takes effort; at least it does for me, and I can be really good at mentally "escaping." I truly believe that we are all doing the best we can. Sometimes life can be awesome and it feels like nothing can bring you down. And sometimes life can be really challenging and it takes everything you have just to get you to show up and move forward. If you find yourself in the first category, feel it, love it, be present with it, and absolutely enjoy it. If you find yourself in the second category, feel it, embrace it, be present with it and know that "this too shall pass."

Everything "passes" in life...every moment, every embrace, every challenge, and quickly I might add. For some reason, that has always given me hope when I'm in the shadows of my darkest moments, the moments where I have learned my greatest lessons, and the moments that I wish would move a lot quicker than they do. These moments (I'm guessing you know exactly what I'm talking about) have taught me just how resilient the human spirit is, but absolutely not until I've walked through the dark tunnel to find the light. Finding that light, the one that is always there, brings a sense of peace, of freedom, and of

a greater knowledge of the blessings that this life brings.

So, I sit here in the dining room of my parent's home, watching a bird jump through every one of my mom's plants on her deck. It's quiet and peaceful. I'm grateful to be noticing that I'm noticing, which is one of my tools for being present. I'm thankful that my dad is doing better and I know that there are powers beyond his (and my) control that enable him to "be here." I'm not sure where he goes off to, mentally, but I hope it's a place that provides him happiness and peace.

Lastly friend, I'll do my best at providing a little cheerleading. If you find yourself in bliss, everything is rocking, and you just can't seem to take a wrong step, let it soak in to every fiber of your body and be as absolutely present as you can be. You deserve all of the happiness and joy that your life is intended to have...every single inch of it. And...if you find yourself in that dark place, hang on and know that you are resilient beyond your wildest imagination. Someone once told me, "If you're walking through hell...keep walking." It will get better, it will pass, and you will find parts of yourself that you never knew existed. Be present and honor whatever feelings you might be experiencing. My dad agrees. Until next time my friend...many blessings.

p.s. Shout-out to the Prescott VA, an amazing and dedicated team of superstars!

Karen Solt is an Advanced Holistic Coach. She holds a Masters in Psychology. www.KarenSolt.com

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MILESTONES:

CELEBRATING 30 YEARS OF CARING FOR

1987

Southern Caregiver Resource Center (SCRC) established. There was a staff of four, serving 150 family caregivers annually in San Diego and Imperial counties, and an annual budget of \$300,000.

1991

Southern Caregiver Resource Center (SCRC) holds first Advocacy Day in Sacramento.

1996

The National Institute on Consumer-Directed Home and Community Based Long-Term Care recognizes Caregiver Resource Center (CRC) system as a "Best Practice" model.

1998

SCRC and local family caregiver, Ken Fousal, launch first men's caregiver support group in San Diego County.

2000

The Older Americans Act is amended, creating the National Family Caregiver Support Program (NFCSP), using the CRC system as one of four caregiver models.

2002

SCRC is awarded the NFCSP grant from the County of San Diego Aging & Independence Services (AIS).

2005

Maria Shriver, First Lady of California, recognizes CRC system as the exemplary model for caregiver services in other states across the nation.

2007

SCRC receives the National Family Caregiver Award for the Space of Beauty Journaling program from the National Alliance for Caregiving & MetLife Foundation.

SCRC Executive Director, Lorie Van Tilburg, testifies on the needs of caregivers at a joint conference with the Department of Defense and the Veterans Administration at the Pentagon.

2009

SCRC is one of 14 organizations nationwide to receive a grant from The Harry & Jeanette Weinberg Foundation's Family and Informal Caregiver Support Program to develop "Partners in Caring."

SCRC is awarded a grant from the County of San Diego Behavioral Health Services (2004MHSA/ OA PEI - Prop 63) to develop an evidence-based REACH (Resources for Enhancing Alzheimer's Caregiver Health) program targeting Hispanic families.

SCRC is awarded a grant from the Rosalynn Carter Institute and Johnson & Johnson to develop a REACH II model program targeting Hispanic families.

THOSE WHO CARE FOR OTHERS

2011

SCRC's REACH programs (CALMA & CUIDAR) are awarded the Rosalinde Gilbert Innovations in Alzheimer's Disease Caregiving Legacy Award in the Diverse and Multicultural Communities category.

Rosalynn Carter Institute and Johnson & Johnson create video presentation featuring SCRC's CUIDAR programs as a unique and successful example of evidence to practice model.

2012

SCRC celebrates 25 years as the leading provider of caregiver support services in San Diego & Imperial counties. The organization has grown to a staff of 15, serving more than 30,000 family caregivers.

SCRC's REACH Programs (CALMA & CUIDAR) receive the Rosalynn Carter Institute Leadership in Caregiving Award.

2013

SCRC awarded national grant from RCI/J&J to develop the Operation Family Caregiver (OFC) program to help family caregivers of service members/veterans with TBI, PTSD and other physical disabilities in San Diego County.

2014

SCRC becomes a Live Well partner with the County of San Diego.

SCRC becomes a Key Member of the County's Alzheimer's Project, helping address caregiving and Alzheimer's disease issues.

2015

SCRC partners with SDSU, AIS, HRSA on the Geriatrics Workforce Enhancement Program (GWEP), expanding Alzheimer's disease education for family caregivers.

SCRC awarded a second OFC grant, expanding the military/veteran caregiver program to Los Angeles and statewide via Skype.

2015

SCRC partners with Center for Research & Education at the Benjamin Rose Institute on Aging to adapt and deliver the SHARE Program for Persons with Dementia in San Diego County.

SCRC's publishes "From the Ivory Tower to the Real World: Translating an Evidence-Based Intervention for Latino Dementia Family Caregivers into a Community Setting," with Stanford University School of Medicine in the book entitled, "Partnerships for Mental Health, Narratives of Community and Academic Collaborations." Publication describes SCRC's translational research work with the REACH model.

2016

SCRC partners with the Elizabeth Dole Foundation and the City of San Diego Mayor's Office to create the first Hidden Heroes City in the Nation.

SCRC joins forces with the San Diego Regional Chamber of Commerce and the Families and Children Workgroup of the Los Angeles Veterans Collaborative to support military/veteran family caregivers.

SCRC awarded the County's Caregivers of Alzheimer's Disease and Other Dementia Client Support Services to expand REACH (Resources for Enhancing Alzheimer's Caregiver Health) Countywide.

SCRC awarded OFC grant from RCI/J&J to continue military/veteran caregiver program in San Diego.

SCRC partners with Center for Research & Education at the Benjamin Rose Institute on Aging to adapt and deliver the SHARE Program for Persons with Chronic Conditions in San Diego County.

2017

SCRC celebrates 30 years as the leading provider of caregiver support services in San Diego and Imperial counties. With a staff of 30, SCRC serves over 80,000 family caregivers annually through specialized comprehensive services, including respite and legal services, education and outreach, and evidence based programs.

San Diego County Loses Dementia Care Pioneer

- **Todd Shetter, COO ActivCare Living**

On September 1, 2016, W. Major Chance, founder and chairman of ActivCare Living, passed away at Scripps Memorial Hospital after a 3 ½ year battle with cancer.

Major will always be remembered for, and credited with, changing the landscape for dementia care in California. In 1995, Major was instrumental in passing California Senate Bill 732, which allowed for the secured perimeters in assisted living communities throughout the state. Prior to the regulatory change, seniors with Alzheimer's disease were limited to living in skilled nursing facilities and being subjected to physical restraints and sedatives to prevent wandering.

Major formed a development and management company in the late 1980s known as Health Care Group. The company developed, owned and operated retirement living communities and nursing homes focused on senior housing and healthcare. While touring the skilled nursing communities, Major discussed operational challenges with staff members and quickly recognized that residents with dementia were not appropriately suited for a hospital type facility.

He set out to change the paradigm of how those with memory loss are cared for in California. Major convinced legislators, regulators and mental health advocates that a new category of licensing was needed for safer and more secure assisted living residential programs. The State of California created a pilot project program in 1988 that allowed six communities in California to operate under provisional licensure and study the impact of a residential environment with secured perimeters. Health Care Group oversaw three of the six communities.

Five years of collecting data and information across these communities provided overwhelming evidence that a residential environment, secured perimeter and meaningful resident engagement were impactful to a resident's quality of life. The interventions of programming, appropriate staffing and safe environment allowed for an effective reduction of psychotropic medication by 90%.

The result was the foundation of the ActivCare – Residential Memory Care model. Health Care Group has since become ActivCare Living, Inc. and focuses 100% of their efforts on developing and operating purpose-built memory care communities in Southern California. The communities and programs have cared for more than 5,000 seniors with dementia over the past 30+ years.

Major's contributions to the senior housing and health care industry will long be remembered. He was a visionary that was not afraid to break traditional boundaries to create a better environment and a higher quality of life for those living with Alzheimer's disease. The partners of ActivCare Living will carry on the legacy that Major founded and will continue to help Alzheimer's patients just as he would have.

W. MAJOR CHANCE, MEMORY CARE PIONEER 1945-2016



ActivCare staff enjoying Bastille Day 2016: Dawn DeStefani, Natasha Perez, Todd Shetter, W. Major Chance, Roxanne Sikorski, Sophia Anguiano, Joan Tincher


Residential Memory Care

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

What is Depression to you?

- *Jocelyn Merino, SCRC Family Consultant/OFC Coach*

What is depression to you? I am often told, “Well, maybe I’m sad, but it’s normal,” or “Counseling? Me? No, I’m not there yet. I’ll call you when I’m ready.” According to Webster’s dictionary, the simple definition of depression is “the state of feeling sad.” The truth is that every person experiences sadness on a day-to-day basis. Whether you’re sad about the loss of a relationship, or the loss of a job, the reality is you are experiencing an emotion.

Emotions come in many forms. You can feel sad, angry, guilty, frustrated, happy, anxious, excited and relieved. They can be both negative and positive, and we express and perceive them in our own individual way. What might be a detrimental moment for one person may not be for the next. Stop and consider what you are feeling; experiences and coping abilities all play a role in how one perceives a situation. Allow yourself to understand what you’re experiencing. How do you cope when you are experiencing sadness, anger or guilt? Is the way you manage your emotions helpful?



Anticipatory grief addresses the concept of grieving someone who is gone, but still physically here. A person may be grieving a partnership, friendship, independence or intimacy. It’s an ambiguous concept to understand that you can grieve someone who is still here and have a range of emotions to learn to cope with. It is important, however, to accept the things that you cannot change. This idea is a process and is not always easy to understand, but we can learn to manage it.

Obtaining help from other professionals who specialize in caregiving is a key component to beginning the process of preparing yourself for this journey. The family consultants at Southern Caregiver Resource Center (SCRC) are not only able to provide you with ongoing consultations, but also provide you with one-on-one weekly support through SCRC’s counseling program. The program provides family caregivers with six one-hour sessions, where they are able to establish therapeutic goals to address challenges related to their caregiving situation. Counseling allows for more individualized support to address specific stressors such as: grief, loss, anger or resentment. It also provides people the space to express themselves in a non-judgmental environment.

Take the time to care for yourself. Accept the services that are available to you, so you can identify what you are feeling, verbalize what you need and reach out for support if you ever find yourself in a crisis, or become emotionally overwhelmed. Remember, you are important and it is ok to take care of yourself too.



CAREGIVING

Caregiving can bring many different emotions to surface. Caring for someone you love cannot only be rewarding, but also challenging. Maybe you are caring for a spouse, partner, friend or parent. It can be difficult to meet the physical demands of caregiving, while at the same time facing the changes in your relationship and your roles. It is difficult to understand that your loved one is no longer the person they once were. All you can do is attempt to prepare for this journey.

Space of Beauty

- Lorie Van Tilburg, Managing Director of Operation Family Caregiver, Strategic Partnerships and Development



Southern Caregiver Resource Center's (SCRC) "Space of Beauty" journaling program is still going strong thanks to the leadership of Thérèse Belanger and Donna Bloomer, along with their group of devoted artist who volunteer their time and talent to create one-of-a-kind journals for our family caregivers. Through their hard work and dedication, SCRC has presented over 200 journals to our clients, who are amazed at how well they fit their personality.

Research shows that writing is restorative and enhances a caregiver's physical and mental health. Journaling helps caregivers find a voice, clarifies their thoughts, provides an opportunity to express gratitude and helps them be open to new resources in their community to help throughout their caregiving journey.

There are prompts placed throughout the journals to help caregivers rediscover their passions. Caregivers often become so consumed by caregiving that they lose sight of who they were before they started. Writing provides them a place to jot down their fears, questions, thoughts and dreams.

SCRC and all our journal recipients express sincere gratitude for the loving work that goes into making each journal special, unique and an exquisite piece of art.

"To the beautiful ladies who made my journal... From the bottom of my heart, thank you! I'm going through a season in my life that tends to bring up so many questions. Questions about my marriage, about my new self and what my future will look like and I feel blessed that I have a personalized place that will now hold those answers. Thank you for using your creativity and generous spirits to create something so beautiful and unique, tailoring it to who I am. God bless you all!" Zilba Khatibe

Education Classes

Southern Caregiver Resource Center (SCRC) offers a wide variety of free educational classes throughout the year for both family caregivers and professionals. These classes are conducted by SCRC's expert trainer, Martha Rañón, director of education & outreach. For more information about upcoming classes, please visit our website at www.caregivercenter.org.

Aging Process: What is Normal, What is Not?

January 12, 2017
9:30 – 10:30 a.m.
3675 Ruffin Rd., Ste. 230
San Diego, CA 92123
RSVP at 1 (800) 827-1008
<http://bit.ly/AgingXD>

I'm a Caregiver, Now What?

February 9, 2017
9:30 – 10:30 a.m.
3675 Ruffin Rd., Ste. 230
San Diego, CA 92123
RSVP at 1 (800) 827-1008
<http://caregivercenter.org/education-2/>

Managing Stress

March 9, 2017,
10 – 11 a.m.
2725 Granger Ave.
National City, CA 91950
RSVP at (619) 475-9880

EN ESPAÑOL - Como Prepararse para la Visita al Doctor

April 5, 2017
11 a.m. – 12 p.m.
Summercrest Apartments
2721 East Plaza Blvd.
National City, CA 91950
RSVP at (619) 475-2080

The Sandwich Generation

April 10, 2017
9:30 – 10:30 a.m.
3675 Ruffin Rd., Ste. 230
San Diego, CA 92123
RSVP at 1 (800) 827-1008
<http://bit.ly/Sandwich9>

Thinking Positively

April 13, 2017
10 – 11 a.m.
2725 Granger Ave.
National City, CA 91950
RSVP at (619) 475-9880

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Making the Most of the Doctor's Visit

April 21, 2017
9:30 a.m. – 1 p.m.
Palomar Health San Marcos
120 Craven Road, 2nd Floor, Classroom
Escondido, CA 92078
RSVP at 1 (800) 827-1008
<http://bit.ly/DocVisit10>

Brain Training for Military Spouses and Caregivers

April 26, 2017 & April 27, 2017
9:30 a.m. – 12:30 p.m.
County of San Diego, Military & Veterans
Resource Center
649 W Mission Ave., Training room #2437
Escondido, CA 92025
RSVP at 1 (800) 827-1008
<http://caregivercenter.org/education-2/>

EN ESPAÑOL - Seguridad en el Hogar

May 3, 2017
11 a.m. – 12 p.m.
Summercrest Apartments
2721 East Plaza Blvd.
National City, CA 91950
RSVP at (619) 475-2080

Successful Mealtimes

May 8, 2017
9:30 – 10:30 a.m.
3675 Ruffin Rd., Ste. 230
San Diego, CA 92123
RSVP at 1 (800) 827-1008
<http://bit.ly/Mealtimes8>

Asking & Accepting Help

May 11, 2017
10 – 11 a.m.
2725 Granger Ave.
National City, CA 91950
RSVP at (619) 475-9880

Home Safety

June 8, 2017
9:30 – 10:30 a.m.
3675 Ruffin Rd., Ste. 230
San Diego, CA 92123
RSVP at 1 (800) 827-1008
<http://bit.ly/Safety8>

EN ESPAÑOL - Como Prevenir Caídas en el Hogar

June 14, 2017
11 a.m. – 12 p.m.
Summercrest Apartments
2721 East Plaza Blvd.
National City, CA 91950
RSVP at (619) 475-2080

Hidden Heroes Cities Summit - Coming Soon!

Contact SCRC for details:
1 (800) 827-1008
<http://bit.ly/HEROES2>

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 I,
Game Room, 1st Floor
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, Library – 2nd floor
2700 East 4th Street,
National City 91950
Facilitator: Russell Zygmunt,
MSW

Caregiver Support Group – Cardiff by the Sea

Second and fourth Monday of every month (1:30 – 3 p.m.)
Belmont Village Senior Living –
Cardiff by the Sea
The Club Room - Floor L2
3535 Manchester Ave.,
Cardiff by the Sea, 92007
Facilitator: Holly Kelley, MFTI

EN ESPAÑOL - Caregiver Support Group – 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
Facilitator: Miriam Guillen-Ibarra, IMFT, (619) 948-6640

EN ESPAÑOL – Caregiver Support Group – Chula Vista
First and third Wednesday of every month (4:30 – 6 p.m.)
Norman Park Senior Center
270 F Street, Chula Vista 91910
Facilitator: Ana Choza Hunt, MSW



Southern Caregiver Resource Center
Caring for those who care for others

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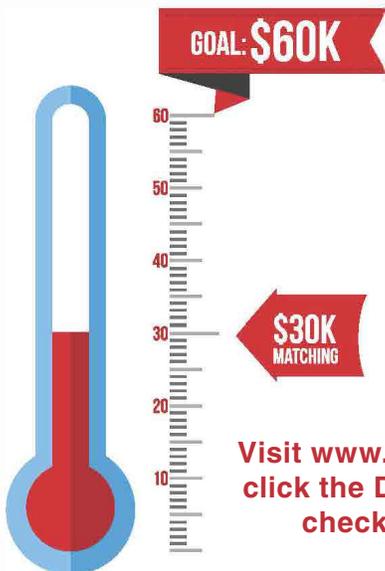
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