



Southern Caregiver Resource Center

Help and support for families and caregivers of adults with chronic, disabling health conditions.

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Wavelengths

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by SCRC

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Senator Ducheny assists SCRC's *A Space of Beauty* program



Dear Southern Caregiver Resource
Center:

I am grateful to the SCRC for the array of services you provide to my constituents in San Diego and Imperial Counties. As the state representative for caregivers in both counties, it is important for me and my staff to know about your programs as we are often called upon to refer constituents to services in the community.

I am happy we could be of assistance in delivering the touching workbook your artists created for California First Lady Maria Shriver. I am sure Ms. Shriver and her family were pleased to receive such a special gift. Thank you for the work you continue to do to help families cope with their roles as caregivers.

Sincerely,

DENISE MORENO DUCHENY
Senator, 40th District

Please see articles on the following pages for more information about the Space of Beauty program, and the journal created especially for the First Lady of California, Maria Shriver.

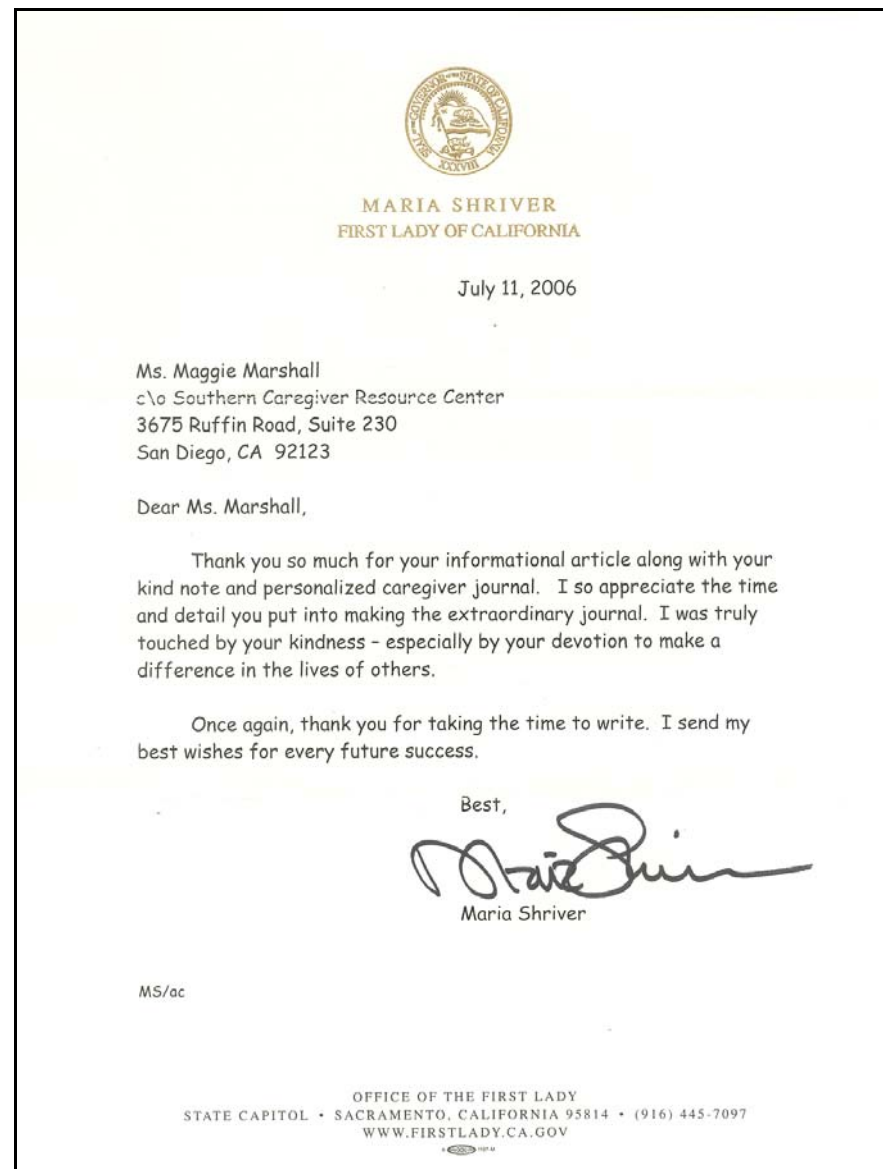


A SPACE OF BEAUTY

Senator Denise Moreno Ducheny presents First Lady Maria Shriver with a journal tailored especially for her as a caregiver. David Alvarez, District Representative from Senator Ducheny's San Diego office, personally carried Ms. Shriver's journal to Sacramento and hand delivered it to the Senator.

Ms. Shriver's journal was created by volunteer artists who offered their creativity to produce a beautiful piece of art that reflects Ms. Shriver's favorite colors, preferences, and special mementos from the past. The artists that participated in Ms. Shriver's journal are: Jane LaFazio, Lead Artist, Eileen Adler, Therese Belanger, Cathy Bourdon, Maxine Custer, Lucy Hernandez, Janet Lee, Jeannie Moore, Sandra Murillo, Diane O'Connor, and Cheryl Reist.

Extensive research is done in order to create a journal that matches details of the caregiver's personality, as well as creating ways to help them on their caregiving journey. With the help of Maricela Rodriguez at Ms. Shriver's office in Sacramento, the First Lady's personal journal took on unique aspects of her personality, such as her favorite colors. In addition, Kami Shevlin on the SCRC staff researched and obtained the Special Olympics Silver Dollar, honoring Eunice Shriver. The silver dollar was then incorporated into the journal. Journaling prompts are used in the journal that give the caregiver an opportunity to think and reflect on areas of caregiving that are often not spoken about.



Jane LaFazio shares some of her thoughts after finishing Ms. Shriver's journal:

"I've always admired Maria Shriver as a strong and articulate woman. I was honored to be asked to help prepare a 'Space of Beauty' journal for her. Maria's favorite colors were a surprise to me, so bright and bold. As an artist, it was fun using that unexpected combination of colors in the pages I created.

As I worked on my pages, I thought about her relationship and history with her father, Sergeant Shiver, and I felt closer to her. Regardless of her public life, she has similar worries and concerns as a caregiver, like we all do. I'd heard she liked to play

Chinese Checkers with her parents, so I researched about and found an image of the game board. As I worked on the small, very detailed painting, I imagined those close times and conversations with her dad.

As one of a team of a dozen or so artists all working on one journal, you never quite know what the others are doing, or what to expect when you receive all the pages and cover for the journal. When Sandra Murillo and I started laying out all the pages, by all the different artists, we were amazed how they all seemed to flow together!

(Continued on page 3)

(A Space of Beauty continued from page 2)

The feeling, the colors, and styles of the pages looked great together, and Jeannie Moore's cover made the perfect package. It was a lovely, colorful, meaningful journal. I am quite proud to be a part of this group of artists, and I do believe Maria appreciates what we've done."

Cheryl Reist, volunteer artist, comments on her feelings about working on Ms. Shriver's journal:

"As a caregiver, and also very fortunate to have been part of "Space of Beauty" since it's inception, I feel so honored to have been selected to be part of the creation of the First Lady's journal. She is truly a remarkable woman with so much on her plate. Raising four children, keeping up with all her community services, including all her duties as the First Lady and helping her mother with the responsibilities that come with

caregiving is an unbelievable task. Truly our hearts went into creating this journal, with the hope that she might find some comfort in knowing that others are thinking of her, and to provide her with an avenue to express her inner feelings in hopes to release some of her stress while on this tremendous journey. Thank you Maggie and the Southern Caregiver Resource Center for this amazing opportunity."

Each journal is a labor of talent and love, and provides each caregiver recipient with a safe place to jot down their thoughts, fears, worries, tips, hopes and new ideas to try while on their caregiving journey. To date, Southern Caregiver Resource Center (SCRC) and its corps of 21 volunteer artists have created 60 journals. When the journals are completed, each caregiver recipient is presented with his or her unique journal at a Tea Party hosted by SCRC. The Tea Party is a time for sharing, for

laughter, tears, surprises and awe as the caregivers see a journal that was made especially for them. They are so thankful to have a place to write their own personal thoughts. The journals have brought strength and comfort. One caregiver expresses her feelings:

"Thank you so much for the wonderful tea party where I received my beautiful journal. Meeting the artists and other caregivers was so special. The artwork on each page is so meaningful and in synch with my personal journey. It acknowledges me as a caregiver and the critical role I play in my loved one's life." Jayne Hamlet, caregiver

For more information about A Space of Beauty journaling program, please contact Maggie Marshall at the SCRC.



Caregiver Successful in Obtaining Grant for SCRC

Southern Caregiver Resource Center (SCRC) extends thanks to Helen Pounovich for her hard work in obtaining grant monies from her company, Marsh & McLennan, to expand SCRC's services to help family caregivers. Helen is a dedicated volunteer who has worked with SCRC for the past two years, securing prizes for the annual volunteer picnic, helping monthly at the Encinitas Walking Group, and offering support at the annual special event. Thanks Helen!

If you are working for a company that has a similar grant program and would like to submit an application to benefit SCRC, please call Lorie Van Tilburg. We will certainly appreciate the support!

"There are no words to describe how grateful I am to Southern Caregiver Resource Center. Without them I would have never survived the most difficult time of my life taking care of my parents. My counselor stood by me when I needed her and listened to all my challenges I face as a caregiver. Their support and comfort during this time is worth more than words can describe."

When my company, Marsh & McLennan, announced the 2006 Grant Program, I did not hesitate to nominate the Southern Caregiver Resource Center. The programs they offer are so valuable and very much needed in our community. This is my little way to contribute to the success of a wonderful program."
Helen Pounovich

Helen, pictured on the left, talking with a walker from the Encinitas Walking Group



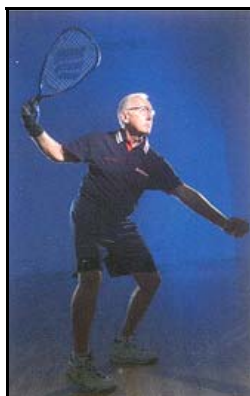


The Walking Groups are Doing More than Walking

by Maggie Marshall

The walking groups meet twice a month where people come together to enjoy the confidential company and support of others. Current and former caregivers connect, make new friends, learn about new resources and sometimes share struggles.

This year we have added a fun dimension to our caregiver support walking groups. Once in a blue moon we have a *Mystery Walker*. Each mystery walker speaks to the group for a few minutes on their particular topic and then joins the group for the walk. So far this year we have been so lucky to have several of San Diego's finest join us as Mystery Walkers. They are:



Mission Bay Mystery Walker, **Peter Luffred** (74 years old), National and World Gold Medal Winner in Racquetball. Brad Pagano, Executive Director of the

Senior San Diego Olympics, introduced Peter to the group. Some comments from walkers were:

"What a boost to meet you – thanks for joining us!" Eileen

"Great walk! We never really knew about the Senior Olympics right here in San Diego." Linda

"Great chatting with a gold medal winner on our walk!" Vickie

Encinitas Mystery Walker, **Ed Lewins**, Project Coordinator/Exhibit Interpreter for the new Elephant Mesa Project for the San Diego Zoo. SCRC Board Member, Matthew Buck, introduced Ed.



Ed Lewins in center
Matt Buck on right
Encinitas walkers

Some comments from walkers were:

"Thanks for your time with our group! My world is so small – you helped open it up a bit." Gayle

"What a wonderful treat for you to come to our walking group. Can't wait to go to the zoo and see the Elephant Walk in the future." Jayne

"Thanks so much for being our special guest and letting us know the fabulous new things that are planned for our zoo." Graceann



Craig Horner in center
Lake Murray walkers

Lake Murray Mystery Walker, **Craig Horner**, President of the SCRC Board of Directors and 7-year Board Member, Marathon Runner, Musician (he has a band called "Midlifers," and plays the piano, organ and synthesizer).

Some comments from walkers were:

"Glad you joined our early morning walking group, interesting in learning about your volunteer work with SCRC and your musical talents." Ron

"I love music and I so enjoyed hearing how you changed instruments as you grew older." Gene

"Wow, you're awesome! Thank you so much for joining us!" Pat

2007 Walking Group Sneak Preview

Walkers from each of the walking groups are jotting down tips on things they wish they knew earlier on in their caregiving journey. The goal is to have 365 tips/thoughts/quotes, so that a small, daily calendar can be made up that incorporates all the tips and thoughts. If anyone is interested in helping with this project, please let Maggie know.



Lake Murray Concession

Stand: 2nd & 4th Saturday, 8 to 9 AM, Volunteers Ron Lohrbach & Virginia Gothard lead walk.



Mission Bay Information

Center: 1st & 3rd Wednesday, 11:30 AM to 12:30 PM, Volunteer Linda Cohen leads walk.



Encinitas, Swami's Beach

Picnic Table: 2nd & 4th Tuesday, 1:30 to 2:30 PM, Volunteer Pat Clancy leads walk.

It hasn't been easy to "take care of you"

by Edward De La Loza, LCSW

"The harder our lives are and the more we are handicapped the more truly we can learn to make every limitation an opportunity - and if we persistently do that through circumstances, no matter how severe, the nearer we are to getting...freedom from the rushed feeling..." (A. Call, Nerves and Common Sense, Chap. "How I am Rushed," 1912).

Ninety-four years later, from the time the foregoing quote was cited, our society is still trying to figure out how not to be rushed. And the male caregiver is no different. And based upon my experience with caregiver men, both in the support group setting and in private practice, it isn't easy for them to know any better today how to "take care of you" (The topic can apply to many people, but for our purposes here, I will focus on the male caregiver).

In truth, to encourage a male caregiver to "take care of you" can cause him to find himself in a dilemma for many years.

How does the encouragement "take care of you" pose a dilemma? It poses a dilemma because for a male caregiver to do so, in the context of a loved one suffering from disease means he must change what are sometimes unspoken principles. For example, he may need to violate the principle of "partnership" by having to sometimes unilaterally make very important decisions to provide his wife care. Or, he must consider letting go of the principle "to always tell her the truth," though to do so now, in its entirety, when she has advanced stages of Alzheimer's may lead to a great emotional upheaval for them both. By taking steps to "take care of you," he is thrust into the dilemma of managing his life to greater degrees apart from his wife, which is often compounded by a grief reaction.

However, when he is in the company of his male peers, who share similar circumstances, he tends to resolve his dilemmas and move through his difficulties. Since 1998, The Caregiver Support Group for Men has been instrumental in helping men. It helps them because the group is a catalyst for men to restore their "intentionality" by the camaraderie, education and restoration of hope that is found in the group dynamic. One writer states "to heal...requires willpower, intentionality [and] a conscious decision to work at getting better." (E. Levang, When Men Grieve: Why Men Grieve Differently & How You Can Help, Chap. "Choosing Happiness over Sorrow," 1998). Restoring "intentionality" for the male caregiver is an active process and leads him to be aroused from sluggish hopelessness. It seems counterintuitive, doesn't it, to find riches of hope in the challenges a caregiver faces? But, it does happen when the men allow themselves to be there for each other.

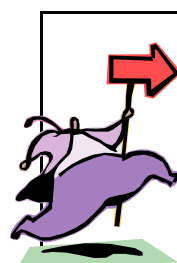
Here is what some of the men have said:

"I would never have joined a support group but for the insistence of the social worker at my wife's hospital. She pushed me into it and she did the right thing; I would never have done it on my own. The group was unique in that it provided an experienced group of men who had 'been there before,' and were very knowledgeable and helpful...I have attended other support groups but the men's group provided a different dimension that made the difference to a reluctant attendee...I most heartily recommend participation for others in similar positions as I found myself. I would really have been lost and run myself into the ground in my own efforts to care for my wife were it not for the SCRC and the Caregivers Support Group for Men" (Rod).

"...The group accepts me as I am (with flaws, mistakes and inadequacies) and can offer suggestions, empathy, and consolation for whatever I am dealing with. It has also allowed me to make and feel a close connection with other men - almost a 'Band of Brothers' because of the commonality of experiences..." (Bob).

"...They accept you, when others who don't know what you are going through shy away, because they don't know how to react to your wife's disease...Other people (who are not caregivers) say they understand, but they don't really understand...Not like these guys...I love them like brothers..." (Ray).

If you are a male caregiver, and find yourself sluggishly attempting to "take care of you," then I invite you to stop by and meet the men of our group; there you will find men who fully understand where you are coming from, for "When you go into anything big and hard you must be able to depend on the men with you" (L. Gulick, The Dynamic of Manhood, "Hunger for a Friend," 1917).



CAREGIVER SUPPORT GROUP FOR MEN

Meets the 2nd and 4th
Thursday of the month
11 AM to 12:30 PM

at
Veterans Museum and
Memorial Center
2115 Park Blvd.
San Diego 92101

Facilitated by:
Edward De La Loza, LCSW

Spirituality and Caregiving

by Seraphina Galante

Not everyone considers themselves to be religious, but most of us believe we are spiritual or have a spiritual path. Spirituality is the way we create meaning in our lives and how we make sense of life, death, and infirmity. Spirituality may or may not include faith or formal religious beliefs. It does include our informal beliefs and is an integral part of being human.

Spiritual health, basically, is the peace and strength we carry within us. Just as it is important to maintain our physical, emotional, and mental health, we also need to attend to our spiritual health.

When dealing with illness, spiritual issues often come to the forefront of the caregiver's attention. Loss of health and other adversity disrupt our sense of meaning, our values, and perhaps our faith. We can become out of balance and lose our sense of well being.

When a loved one receives a serious diagnosis or an elder becomes more and more frail, there is a need to make sense of the situation. In this search for understanding, you may find yourself asking and wanting to know "Why did this happen?"... "What did the care receiver or I do to deserve this?"... "Why is Life so unfair?" Often, there is no reason or logical explanation. It may help to turn your attention to trying to understand what is needed to get back in balance. This may help you deal with the disruption, the ongoing burden, and energy drain of chronic illness. It may also bring a deeper understanding about the meaning in the situation.

Consider the following **Spiritual Needs** in the context of your situation. Which are fulfilled for you? Is there one or more where you experience a deficit?

The need for meaning and purpose in life.

A person's customary ways of believing may no longer work; perhaps one must adapt to new ways. There is the potential to encounter a deeper side of the self and to discover new meaning.

Remind yourself of what you believe; take a 2-hour "belief break" to help you get clear. Think

about why you have accepted this role and the meaning it has in your life, in that of your loved one, and in the lives of others. Try to go deeper, to get under the obvious. What does it mean for you to experience this change? What does it mean to embrace the unknown and the changing life of caregiving?

The need to give love, and

The need to receive love

It may feel like the person you care for is unaware of the love you give. On the other hand, how can the caregiver receive love from the care receiver when they seem to be a shadow of their former self? The use of reminiscence - storytelling - may help reconnect both of you when you feel the **distance** between you more than the love. Remembering who the care receiver is may also help. "All of what we have may diminish, but what we endure. Our innermost core remains, although capacity diminishes." Talking to others in similar situations to see how they have integrated spirituality and caregiving can be helpful.

The need for forgiveness, hope, and creativity.

Try to look at failings as guideposts, as teaching moments that served to move you forward. "I did the best I could under the circumstances." Consider what you need in order to forgive, to be forgiven, and to experience hope.

Thinking, contemplating, journaling, baking, gardening, swimming, drawing, or talking with a friend or professional, are only a few of the many endeavors that can help to reinstate a sense of hope and well being.

Conclusion

As earlier stated, spiritual health, basically, is the peace and strength we carry within us. Much of what supports physical, mental and emotional health also maintains spiritual strength.

You might add a regular quiet time to your day to help you collect your thoughts and strengthen yourself to continue providing care. Relaxation

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exercises, prayer, or meditation techniques work for some people. Others find rejuvenation in more natural settings, like a park or woods, or use inspirational readings or calming music. Whatever technique you use, remember that you are seeking to be in balance and at peace with yourself.

If you are interested in this subject and would like to explore spirituality and caregiving further, please contact Seraphina Galante at sgalante@caregivercenter.org or 858-268-4432 ext. 120.

References

Donald Koepke, M.Div. BCC, *Spiritual Caregiving for All Disciplines*, Conference: A Program of California Lutheran Homes and Community Services. November 17, 2005.

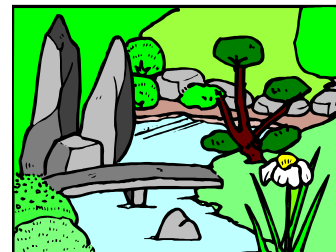
Net of Care (NetofCare.org): *Information and Resources for Caregivers*, University Hospital and Manhattan Campus for the Albert Einstein College of Medicine.

The American Stroke Association (www.strokeassociation.org) *Taking Care of Yourself*.



Caregivers . . . How do you renew yourself?

One dedicated caregiver created a beautiful area in her home garden where she can retreat and renew herself from time to time, even if only for a few moments. Her idea inspired us to ask other caregivers for the ways you cope with caregiving at home and how you find the time and places to relax and renew yourselves. SCRC would like to collect your ideas on how you create your special place for yourself at home when you are caregiving. We will share some of your thoughts and ideas in the next WaveLengths.



Name _____

What area of the county do you live in? _____

I have been caregiving for my _____
for _____ (months/years).

I have created a place/space at home (please describe)

where I can _____

☐ Yes, you may use my name in Wavelengths

☐ No, I would prefer you only include my idea

If you would like to contribute your ideas, please complete the following:

Please mail to: Seraphina Galante, Family Consultant
SCRC, 3675 Ruffin Rd. Ste 230, San Diego, CA 92123
Or email to sgalante@caregivercenter.org

You may also drop your response off at one of the support/walking groups. We look forward to hearing from you! Thanks!



A Free e-Newsletter
especially for caregiving families
and friends.

Subscribe online today at:
www.californiacrc.org/jsp/newsletter

This information-packed, monthly newsletter includes practical advice, resources, tips and news for families and friends caring for loved ones with Alzheimer's disease, stroke, Parkinson's, ALS, and other chronic health conditions.

California Caregiver will be sent to you electronically once each month. It's easy to subscribe, and there is no charge!

Especially for California residents, this electronic newsletter is a publication of the statewide system of 11 Caregiver Resource Centers (CRCs), a program of the California Department of Mental Health. The newsletter is produced by Family Caregiver Alliance.

'Summer Challenge' for Walkers



As caregivers, it is important to occasionally take some time away from our daily activities and responsibilities and move to a place of wonder, new beginnings, and the excitement of trying something new. Last June, walkers from each of the three walking groups were given a **Summer Challenge** card to use as a tool to help them think about some new things that they would like to experience. We are delighted to hear from some of the walkers with tales of their Summer Challenges:

"I took an OASIS class all by myself. It was on financing and I learned several new things. It was also was nice to get out and meet other people too."

"I've always wanted to have a picnic at the Organ Pavilion and listen to a summer concert. I called a friend, met her there and enjoyed every minute. Part of the fun was that it was on the spur of the moment and no fuss, we each brought our own sandwich and drink. I'd like to do it again."

"Catalina Island here I am! I signed up with a group to do Catalina for a day trip. It was simply beautiful. It was a short boat ride over, toured the Island and enjoyed lunch at a restaurant that was five steps from the beach."

When I reached the top of the bluff, I found a place to sit, think and write. The time went by in a flash and I felt like I had taken a long vacation."

The Walkers took their Summer Challenge to heart. We look forward to hearing from more Walkers at the second annual picnic that will be held Saturday, September 23, 2006.

Join one of the Walking Groups to find out more details.

"I had missed both of the walks that Kim Wu led for us last year at the Self Realization Fellowship Center, in Encinitas – the walk in their serene gardens. I took my journal (I received one from an artist made just for me, from the Space of Beauty program) and walked through the lush green tropical garden."

BRAINSTORM IDEAS!	STEPS TO TAKE TO MAKE IT HAPPEN:
_____	_____
_____	_____
_____	_____
_____	_____
PICK ONE!	

SCRC THANKS VOLUNTEERS



In celebration of National Volunteer Week 2006, Inspire by Example, SCRC honored the two active groups of volunteers who give their time to SCRC.

The first group supports the one-to-one 'buddy' program, community outreach events/awareness, and all three of the caregiver walking groups. At the April 24th boxed lunch celebration, Lorie Van Tilburg, SCRC Executive Director, pinned our volunteers with pins depicting geese flying in the "V" formation, which is the theme for the volunteer work they do. When geese fly in a "V" formation, the whole flock has at least 71% greater flying power than if each bird flew on its own. We think of our volunteers as helping support caregivers, giving them a tremendous boost, just like the geese, honking (clapping/encouraging).

Are We Honking Loud Enough? These volunteers certainly are: Claudia Baranowski, Joan Chan, Pat Clancy, Linda Cohen, Bonnie Fleming, Kelsey Forest, Anita Gentry, Virginia Gothard, Jane Haggerty, Graceann Hall, Helen Pounovich, Peggy Hull, Barbara Lavinio-Schmitz, Peggy Lewis, Ron Lohrbach, Pat Paterson, Bonnie Prest, Joanne Price, Gail Puente, Laura Spano, Carol Venable, Kim Wu.

We also honored the second group of volunteers, artists from all over San Diego County who make individual journals for specific caregivers in the Space of Beauty program. They are: Therese Belanger, Cathy Bourdon, Joan Chan, Maxine Custer, Sarah Gutz, Lucy Hernandez, Jane LaFazio—Lead Artist, Sandy La Flair, Candy Mcadow, Jeannie Moore, Sandra Murillo, Diane O'Connor, Cheryl Reist, Helen Shafer Garcia.

During the first year of the Space of Beauty program Maureen Ceccareli, owner of Studio Maureen and The Next

Door Gallery, Seraphina Galante (SCRC Family Consultant), and Janet Lee (Connecticut artist), worked with Maggie Marshall to make individual thank you booklets for each artist. This year, Kerry O'Connell (Huntington Beach artist), volunteered to make pins for each artist depicting small journals.

A special thank you to Eileen Adler who has organized all our art supplies and materials and is Maggie's right-hand helper to make the supplies available to all the artists.

SCRC is grateful for all its volunteers and their dedication to supporting caregivers.

Donation box for SCRC Space of Beauty supplies at:
Gee Gee's Stamps 'n Stuff
2965 State St., Carlsbad 92008
Thank you to owner, Gayle LoFrano

Events and Information for Caregivers



Support Groups

■ **ADULT CHILD AS CAREGIVER**, meets the 2nd and 4th Thursdays of the month at SCRC, 5:30 to 7 PM. Facilitated by Ann Sanderson, MA.

■ **CLAIREMONT CAREGIVER SUPPORT GROUP**, meets on 2nd and 4th Wednesdays at Live Well San Diego, 1:30 to 3 PM. Facilitated by Jennifer Shoji, LCSW.

■ **RANCHO BERNARDO CAREGIVER SUPPORT GROUP**, meets the 1st and 3rd Thursday of the month at the Remington Club, in Rancho Bernardo, from 5:30 to 7 PM. Facilitated by Adrienne Burnette, PhD 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 Kalinowski, MSW.

■ **CAREGIVER SUPPORT GROUP FOR MEN**, meets the 2nd and 4th Thursday of the month, 11 AM to 12:30 PM, at a **new location** — Veterans Museum and Memorial Center, 2115 Park Blvd., San Diego 92101. Facilitated by Edward De La Loza, LCSW.

■ **FAMILY CAREGIVER SUPPORT GROUP**, meets the 4th Wednesday of the month at Foothills United Methodist Church in La Mesa, 6 to 7:30 PM. Facilitated by Veronika Glenn.

■ **HUNTINGTON'S DISEASE SUPPORT GROUP**, meets the 4th Monday of the month at The Well Being, 4305 La Jolla Village Drive in University Towne Center, 6 to 8 PM. Facilitated by Andrea Cangiano, MSW.

■ **PARKINSON'S SUPPORT GROUP**, meets the 2nd Wednesday of the month at Sharp Cabrillo Senior Resource Center, 10 to 11:30 AM. Sponsored by Sharp Cabrillo Senior Resource Center and SCRC. Facilitated by Veronika Glenn.

■ **PARKINSON'S SUPPORT GROUP**, meets the 3rd Thursday of the month at Veterans Home of California in Chula Vista, 10 to 11:30 AM. Facilitated by Veronika Glenn.

Imperial County

■ **CAREGIVER EDUCATION DAY**, October 18, 2006 at Cal Works Career Center, 2895 South 4th Ave., El Centro, 10:30 to 2:30, a free workshop presented by Southern Caregiver Resource Center. (See more information on page 11.)

Other SCRC Classes/Events ...

■ **THE PLACEMENT DECISION AND YOUR ROLE**, September 12, 2006, Noon to 2 PM at Silverado Senior Living, 335 Saxony Rd., Encinitas, 92024. Lunch will be provided at 11:30AM. Two CEUs offered to Nurses and Social Workers. For more information, call (760) 753-1245.

■ **PLANNING FOR YOUR FUTURE**, September 19, 2006, 8:30AM to 12PM at Courtyard by Marriott, 8651 Spectrum Center Blvd., San Diego, 92123. Attend this informative and entertaining seminar with two legal experts in the field. For more information, please see the flyer on page 15, or call the SCRC at (800) 827-1008.

■ **DEMENTIA: UNDERSTANDING THE DIAGNOSIS**, September 26, 2006 11:30AM to 2PM at Somerford Place, 1350 S. El Camino Real, Encinitas 92004. Lunch will be provided. Two CEUs offered to Nurses and Social Workers. To register call Somerford Place at (760) 479-1818.

■ **AGING IN PLACE, a Look at Life, Health, Housing, Finances and the Resources to Stay at Home**, October 10, 2006, 10:30AM to 2PM at Scripps Miramar Ranch Library Center, 10310 Miramar Ranch Dr., San Diego. Lunch will be provided. This seminar is presented by AARP, Revisions Resources and SCRC. For more information, please call (800) 827-1008. Reservations are required.

■ **THE EMOTIONAL ASPECTS OF CAREGIVING**, November 7, 2006, 11:30AM to 2PM at Silverado Senior Living, 1500 Borden Place, Escondido 92025. Lunch will be provided. Two CEUs offered to Nurses and Social Workers. To register call Silverado at (760) 737-9283.

■ SCRC OFFERS CLASSES AT OASIS:

- ... **Just Don't Call it Dinner**, presented by Maggie Marshall, Thursday, October 5, 1 to 3PM at Oasis, 1702 Camino del Rio No., San Diego. Class fee is \$3.
- ... **Memory Loss and You**, presented by Veronika Glenn, Wednesday, October 25, 1:30 to 3PM at the Point Loma Branch Library. No fee.
- ... **Coping with the Holidays**, presented by Veronika Glenn, Wednesday, November 5, 1 to 3PM at Oasis, 1702 Camino del Rio No., San Diego. Class fee is \$6.
- ... **Steer with Your Pencil: Reminiscing and Journaling**, presented by Veronika Glenn and Maggie Marshall, Wednesday, November 29, 1 to 3PM at Oasis, 1702 Camino del Rio No., San Diego. Class fee is \$3.

Register for any of the above classes online at www.oasisnet.org/sandiego, or phone (619) 574-0674. Class participants must be members of Oasis. There is no membership fee. Oasis is open to all people 50 years of age and older regardless of income, sex, race, religion or background.

See more events on page 10

SCRC OFFERS A CAREGIVER CLASS: POWERFUL TOOLS



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

- ... Take better care of yourself
- ... Reduce guilt, anger and depression
- ... Reduce stress
- ... Communicate effectively with your family and your doctor

- ... Hire in-home help
- ... Help memory-impaired elders
- ... Make difficult decisions related to your caregiving situation.

When: Mondays, September 11 through October 16, 2006, 1 to 3:30 PM.

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

Cost: \$35 – cost includes *The Caregiver Helpbook*

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

To register for this class, please complete the registration form below, clip and mail, along with your check, payable to SCRC, to the Southern Caregiver Resource Center (SCRC) at 3675 Ruffin Road, Suite 230, San Diego, CA 92123. Class registrations must be received by SCRC at least two weeks prior to the first date of class. If you have any questions, please call SCRC at (858) 268-4432.

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

SCRC Class Registration: POWERFUL TOOLS, \$35, begins September 11

Clip and Mail to SCRC

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____ Email: _____

Payment Enclosed: \$ _____

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

Other Community Events

The **San Diego Brain Injury Foundation** will be holding their 6th annual 'FRIENDraiser' on **Sunday, October 22**, 1:30 to 4:30PM. The afternoon event features gourmet food, fine art, wine tasting, entertainment, and a silent auction. The event will be held at Friend Plaza, on the UCSD campus in La Jolla. Ticket price is \$50. An additional donation of \$50 (or more) will sponsor a brain injury survivor to attend. Call 619-294-6541 for reservations.

SAVE THE DATES !

2nd annual CAREGIVER NETWORK PICNIC

Saturday, September 23, 2006

9 to 11 AM

Place to be determined.

Breakfast will be served.

Please plan to join us!
Check with your walking group,
or phone Maggie at SCRC to
find out all the details.

SCRC will be hosting its
annual



Winter Open House

Monday
December 11, 2006
4 to 6 PM
at the SCRC office.

All are welcome to come
and enjoy refreshments!



Hope to see you there!



NEWS FROM SAN DIEGO OFFICE



SCRC Bids Farewell to Barbara Holland

Barbara, who had been with SCRC for 17 years, left us this past March to relocate to Indiana and pursue new interests. Barbara began with SCRC as the receptionist and through the years she took on more responsibilities as the bookkeeper and respite 'queen.' We all wish her well.



Angela Whittemore took over Barbara's responsibilities, and is now the person that handles all the client respite tracking.

Kami Shevlin, the voice on the telephone when you called SCRC, moved up to fill Angela's previous position, and is now responsible for a variety of tasks, including computer data entry for client data, as well as Link2Care, and many other things.

SCRC Welcomes New Staff Member!

We welcome **Hannah Budeshtsky** to our staff. Hannah joined us in August to fill the position of Administrative Assistant I that Kami vacated when she changed responsibilities.

In addition to her many job requirements, Hannah will be the voice that greets you when you telephone the SCRC.

Hannah graduated this past May from Long Beach State with her Bachelor of Arts degree in Sociology. Prior to joining the SCRC, she worked for Santa Fe Electric as an Administrative Assistant. In her free time, Hannah enjoys dancing!



Please help us welcome Hannah to SCRC.



If you or your group would like to have a guest speaker from the Southern Caregiver Resource Center speak at your meeting, please contact us. We are happy to present information on a variety of topics having to do with caregiving for adults with a chronic illness, frail adults, as well as on many other issues such as long-term care, respite, home safety, depression, aging, the adult child caregiver, and others. We have extensive information and knowledge on many areas of interest to you and/or your staff. For most topics, handouts can be provided. Please call SCRC at (800) 827-1008 and ask for Veronika Glenn.



Hold close those who make you laugh



THE VALLEY CORNER NEWS FROM IMPERIAL COUNTY



The Multiple Sclerosis Society, together with Southern Caregiver Resource Center, will host a **Caregiver Education Day.**

Date: Wed., October 19, 2006

Where: Cal Works Career Center
Classroom C&D
2895 South 4th Ave.
El Centro 92243

Time: 1AM, Registration
11:30AM to 3PM, Program

Lunch will be provided. Three (3) Continuing Education Units (CEUs) for nurses and social workers are offered.

This Workshop will feature information on the following:

Getting the Support you Need: The Emotional Aspects of Living with Chronic Illness — presented by Veronika Glenn, Dir. Education & Training, SCRC

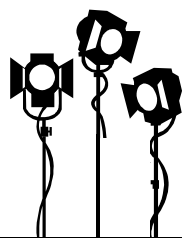
Community Resources — presented by the MS Society, SCRC, HICAP, AAA

Physical Therapy, Transfer Techniques, Fall Prevention and more!

Please RSVP to:
Norma Celaya
SCRC, El Centro Office
(760) 352-2588

Community Spotlight:

**A Look at
Opportunities
and Information
for Caregivers**



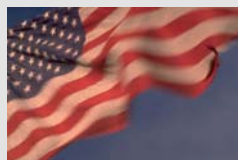
Caregivers Stamping Club Meets in Poway!

If you love to stamp, and want a bit of respite too, then this is the group for you. The Caregivers Stamping Club meets the second Tuesday morning of every month, 10:30AM to 12:30 PM at Stamping Details, 14009 Midland Road in Poway.

The goal of the group is to provide some respite to caregivers who enjoy rubber stamping and working with paper arts. There is no fee to join this group.

For more information on this group please contact Sandy at Stamping Details, (858) 513-8024, or email her at sanstamp@sanrr.com.

Visit their website
at www.stampingdetails.com.



**Labor Day,
the first
Monday in
September,
is a**

creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

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-impaired 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.

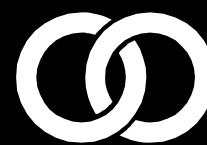
Currently the Southern Caregiver Resource Center has a total of 359 active users on Link2Care, including staff and caregiver clients. A local calendar of events can be accessed via the site, which includes SCRC support groups and the various educational opportunities throughout the San Diego area. Register now to receive interesting articles like the one featured on page 5. For additional information, please contact the Southern Caregiver Resource Center.



LINK2CARE
Always there when you need it

www.link2care.net

The Legacy Circle



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

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

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

- Special invitations to all SCRC events.
- Two complimentary tickets to SCRC's annual Bastille Day Celebration event, featuring a silent auction, wine tasting and a five-course gourmet dinner.
- 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.



Ten Ways to Effectively Communicate with Alzheimer's Residents

Compliments of Health Care Group
ActivCare®
Residential Alzheimer's Care

1. Speak to the individual in a clear, warm and pleasant manner.
2. The tone of your voice may have more impact than your message when communicating with someone with Alzheimer's disease. Lower the pitch. A lowered pitch is more comforting and less threatening.
3. Speak slowly and avoid long complex sentences.
4. Deliver only one instruction at a time. Wait until the first instruction is processed before delivering the next. A single task may need to be broken down into several steps.
5. Do not talk about the person in the presence of others as if they were not there. A person with Alzheimer's disease many times understands and can be humiliated or embarrassed.
6. Lower your body to their level and look directly at the person when communicating. You may be able to read their eyes for signs of frustration, distress or anger.
7. Make use of comforting gestures — touching a hand or back, pointing to an object or handing an object to the resident.
8. Show the Alzheimer's resident a pleasant smile and show affection where appropriate.
9. Respond to the feeling content of the message from the Alzheimer's resident. Recognizing the resident's feelings and offering reassurance, even if you can't fix the problem, provides comfort.
10. Always treat the person with dignity and respect. Do not call older adults "honey," "pops," "sweetie," etc. Ask them what they prefer to be called and follow their preference.

Book Review

A Curious Kind of Widow:

Loving a Man with Advanced Alzheimer's

by Ann Davidson



Reviewed by:

Kurt Buske, Dir. Programs & Services,
SCRC

A Curious Kind of Widow is Ann Davidson's second book detailing her experience caring for her husband throughout the course of his Alzheimer's disease. Her first book, Alzheimer's, A Love Story — One Year in My Husband's Journey, was written in 1997 and documents her experience of caring for her husband at home during the early stages of his disease. A Curious Kind of Widow tells the rest of the story of Ann's experience caring for her husband in the later stages of his disease process, through his placement in a residential facility and up until his death.

In this book, Ann portrays specific circumstances common to all caregivers of individuals with Alzheimer's disease. Ann addresses everything from how she dealt with her husband's continual decline and the associated losses she experienced in their relationship, to daily challenges she faced in assisting her husband with simple activities of daily living and communicating with a man with advanced Alzheimer's disease. Ann addresses the concept of letting go of the husband she once had while embracing and loving who he is with his continual cognitive decline. Ann has a very down to earth and straightforward way of describing the changes that took place in her relationship with her husband and how she learned to accept those changes.

One of the most difficult decisions caregivers of loved ones with Alzheimer's disease often face is what to do when their care is no

longer manageable at home. Ann discusses her experience making the decision to place her husband in an assisted living facility and her feelings surrounding this decision. Ann also discusses her husband's transition to living in a facility, her visits with him there and the relationship they maintained in spite of living apart. Ann also addresses many of the resources she utilized to enable her to care for her husband at home into the later stages of his disease such as adult day care, support groups and retreats/camps for him to attend. She discusses the idea that those resources were her lifeline and without them she would not have been able to manage her husband's care at home for as long as she did.

Ultimately, this is a great read with much to be learned about the experience of caring for an individual with Alzheimer's disease or other forms of cognitive impairment. This book is particularly relevant for spousal caregivers, as Ann deftly discusses changes that took place in their relationship and how she was able to maintain a loving relationship and connection with her husband in spite of his cognitive decline. This book doesn't avoid sensitive topics, but ultimately doesn't seek to leave the reader feeling hopeless. It offers hope as Ann discusses her process of discovering how to continue to live her own life and maintain connections with her husband in the midst of his disease process and the stresses of constant caregiving demands.

This book serves as a helpful guide for other caregivers who are caring for someone with late stage Alzheimer's or who anticipate such an experience in the future. This book is loaded with tips and inspiration for caregivers and it provides answers to many questions that spouses, family members and caregivers must face when caring for an individual with Alzheimer's disease.





SCRC thanks the following individuals and organizations for their generous contributions in support of our services from January 2006.

While every effort is made to acknowledge all donors, please accept our sincere apology if we overlooked anyone. Your support and generosity is sincerely appreciated.

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September 19, 2006

8:30 AM to Noon

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8651 Spectrum Center Blvd., San Diego, 92123

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Mail your registration today to:

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Questions? Call (858) 268-4432 or (800) 827-1008



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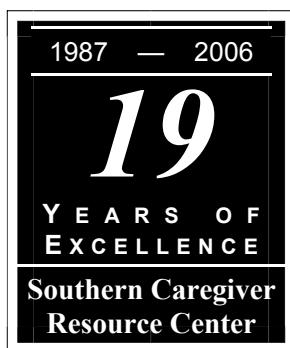
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Wavelengths

Volume 38, Fall 2006

United Way



United Way of
San Diego County

SCRC is a certified United Way Agency, **No. 6544**. Please consider making a direct contribution to the SCRC through your workplace payroll deduction plan for United Way. A donation specified for SCRC allows you to direct your gift to our agency. All donations stay in San Diego and/or Imperial counties for programs and services that directly impact caregivers of aging and frail adults or adults affected by a chronic and disabling illness or disease. Thank you.

Southern Caregiver Resource Center



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