



Southern Caregiver Resource Center

Caring for those who care for others

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Wavelengths

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Honoring Mothers Everywhere



May 8, 1914, President Woodrow Wilson designates the 2ND Sunday in May as Mother's Day. Although not even 100 years old, the roots of honoring mothers goes back to the era of ancient Greeks and Romans – over 250 years BC. Today, Mother's Day is celebrated across 46 countries and is a hugely popular affair. Millions of people across the globe take the day as an opportunity to honor their mothers, thank them for giving them life, raising them and being their constant support.

It is these everyday things that make mothers so special. Like your mom overcoming her fear of driving to get her driver's license just so you wouldn't have to walk to school in the rain, or when your grandmother made you a delicious cup of steamed milk with coffee and lots of sugar (before they cost \$6 and were called "lattes") with cinnamon toast before school, or when your mother, grandmother and all your aunts (real or three times removed) sat around the kitchen table telling funny stories about the family and neighbors while all the kids sat around eating cookies laughing. Or the countless times your mother put a band-aid on your cut knee or elbow because you fell on the street playing kick-ball, or when she sat up with you all night treating and comforting you when you had asthma and difficulty breathing.

Mothers have also led the charge on societal issues that have shaped our great Nation. Mothers like Julia Ward Howe, author, poet, abolitionist, feminist, who rallied women in Boston in 1870 and gave her famous Mother's Day Proclamation – a politically charged speech to create awareness for the need to honor Mothers while protesting against the civil war... *"Arise, then, women of this day! Arise all women who have hearts, whether your baptism be of water or of tears! Say firmly: 'Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy, and patience. We women of one country will be too tender to those of another country to allow our sons to be trained to injure theirs...' From the bosom of a devastated Earth a voice goes up with our own. It says 'Disarm! Disarm!'"* Or how about the mothers who organized, rallied and got the support of local California legislators for the passage of the 1984 Comprehensive Act for Family Caregivers of Brain-Impaired Adults, which established the Caregiver Regional Resource Centers (now called Caregiver Resource Centers).

It is no wonder that family caregivers are predominately women in our society. Whenever a sick child, an ailing spouse or parent requires care, it is most often the mother or the daughter who provides the care – even if that means sacrificing whatever she is doing at the time. Maybe it is because of this very nature

(Continued on page 5)

REACHing out to Latino Caregivers—

The faces of REACH—Our new South San Diego Program

REACHing Out to Latino Caregivers of Alzheimer's patients, now known as CALMA or CUIDAR, depending on whether one participates in the group or in-home psychoeducational intervention, are designed to reduce depression and caregiver burden and increase well-being among Latino caregivers who live in South San Diego County.

CALMA (Cuidadores Acompañándose y Luchando para Mejorar y Seguir Adelante) is the group intervention that consists of 4 session series over a 7 week period. CALMA focuses on managing caregiver stress, anger and frustration, improving communication skills, changing negative thoughts and emotions, relaxations techniques, and increasing pleasurable activities.

CUIDAR (Cuidadores Unidos Inspirados en Dar Amor) is the in-home intervention that consists of a 4 session series over a 16 week period. CUIDAR focuses on assessing care recipient safety, managing care recipient's difficult behaviors, caregiver health via health passport (Mi Salud), relaxation techniques and increasing pleasurable activities.

Both interventions are part of a package psychoeducational program now offered by Southern Caregiver Resource Center (SCRC) and include home work assignments, telephone support and follow-up sessions, role playing and mentoring. Deciding which intervention to offer family caregivers is determined through the initial assessment process. Each program is so distinctive that families can benefit by participating in either one or both. Participants in the CALMA or CUIDAR programs are assigned to one of two of SCRC's bilingual/bicultural Care Managers for on-going assistance and also have access to all of SCRC's other services like care planning, case management, support groups, respite and other services offered by SCRC and community partners.

These programs are modeled after the evidence-based REACH I & II programs designed by Dolores Gallagher-Thompson, Ph.D., from Stanford University and the translated REACH-OUT model developed by Louis Burgio, Ph.D., from the Univer-

sity of Alabama; however, it is uniquely "adapted" for our local Latino population in San Diego.

Leading the charge in the community are the program's Promotoras. Promotoras (aka Peer Counselors, Community Health Educators) are a unique feature of this program and will serve as the "Face" of the program. They are exceptionally trained and highly skilled at identifying and connecting hard-to-reach populations to formal community services. The Promotoras are responsible for the majority of the program's outreach activities. They educate the Latino communities about Alzheimer's disease, caregiver stress and depression, and refer and connect family caregivers to SCRC's Care Managers. Promotoras are essential in helping build "confianza" in the community and are the key to this program's success.

The focal point agency partners providing the expert Promotoras to the program are Casa Familiar and La Maestra Community Health Centers. Adela Aviles and Amy Gunderson are the two Promotoras from Casa Familiar, and Julia Macouzet and Maria Elena Mendoza are the two Promotoras from La Maestra Community Health Centers. If you have not met this dynamic team, you certainly will as they are making their way into every community in the South Bay area of the County, educating and linking families to these important services.

REACHing Out to Latino Caregivers of Alzheimer's patients residing in South San Diego County is funded by the County of San Diego, Department of Health and Human Services, as part of the Older Adult Prevention and Early Intervention Mental Health program (Prop 63, Mental Health Services Act, 2004).

Thanks to additional funding from Johnson & Johnson and the Rosalynn Carter Institute, the CUIDAR in-home interventions are now available to Latino families residing in areas of Central San Diego as well. For more information about the program or to learn how you can participate even if you do not reside in the target areas, please call 1-800-827-1008 or 1-877-303-7037 (para Español).



REACH Promotoras (Pictured left to right): Adela Aviles, Amy Gunderson, Julia Macouzet and Marie Elena Mendoza

Adela Aviles is a Promotora based at Casa Familiar. She has worked with Casa Familiar for over 32 years and finds working in the community deeply gratifying. In her spare time she relaxes at the beach.

Amy Gunderson has worked at Casa Familiar since September 2008. She has extensive experience in outreach responsibilities. She also enjoys training for marathons and is excited to see this new program continue to grow and expand in the South Bay.

Julia Macouzet is an Outreach worker with La Maestra Community Health Centers. She also has experience as a Doula. She really enjoys working in the community. In her spare time she likes to workout and maintain a healthy life style.

Maria Elena Mendoza has been an Outreach worker for six years and also has taught parenting and health classes. She enjoys working in the community and finds it to be extremely rewarding. She spends her offtime with her family, foster parenting, and reading.



NEWS FROM SAN DIEGO OFFICE



SCRC Welcomes....

Olivia Rosillo (pictured on the left) as a **Care Manager**. Olivia was born in Mexico City and has worked with the Hispanic community in San Diego for the past 10 years.

Her academic history includes a BA in Social Communication Sciences with a major in Social Research, a BA in Clinical Psychology and a Masters in Marriage and Family Therapy. She learned English at the Academy of the Assumption in Philadelphia, PA. She also lived in Paris where she learned their native language at the Institute Catholique and took cooking courses at the Cordon Bleu. She has traveled to Italy to study art and music in Florence and also to Spain. She has also studied the piano for over 12 years and her passions include music, reading and cooking.

Professionally, she has worked as a professor of Social Psychology and Psychology of Communication at Anahuac University in Mexico City, conducted research projects about Mass Media impact in Social Learning, hosted a TV show aired on Televisa Mexico that discussed family structure and dynamics, and had a private practice for several years.

Currently, Olivia spends her time working enthusiastically as a Care Manager and Family Therapist in the San Diego area, where she lives with her husband, two wonderful daughters and dog.



Miriam Gullien (pictured on the right) as a **Care Manager**. Miriam was born in San Diego CA, and raised in Tijuana, Mexico. She has two Bachelors degrees from the University of California Riverside, in Spanish Literature and Sociology. She completed her Masters Degree in Counseling Psychology from National University. She previously worked in the following non-profits: Chicano Federation of San Diego County, Community Research Foundation, and Bayside Community Center. She also worked as a bilingual research assistant with the Latino population at the University of California Riverside in the Sociology and Psychology Departments. She completed her clinical internship at the San Diego YWCA. She graduated from the Leadership Training Institute at Chicano Federation. Finally, she is California State Certified as a Domestic Violence Counselor. In her spare time, she likes oil painting and listening to music.

Southern Caregiver Resource Center offers new free services to caregivers in South San Diego County

The **CALMA** program is an evidence-based educational series for Hispanic caregivers of individuals with Alzheimer's Disease or related dementias. CALMA classes are available in English and Spanish and focus on helping caregivers better cope with their caregiving situation, take better care of oneself, learn stress management techniques and develop effective family communication skills. The CALMA program is funded by the County of San Diego. See page 2 for more information on the CALMA program.

The **Partners in Caring** program offers a full range of services at no cost to family caregivers through a collaboration of agencies including Southern Caregiver Resource Center, The Alzheimer's Association, The George G. Glenner Alzheimer's Family Centers, Jewish Family Services, Elder Law and Advocacy and Casa Familiar. See page 9 for more information on The Partners in Caring program.

For information on any of Southern Caregiver Resource Center's services, call (800) 827-1008 or (877) 303-7037 (para Español).

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 programmable electronic medication dispensers available to 100 families (SCRC clients) for 2 years.

The electronic medication dispensers are a great product for anyone who must manage their own medication regimen and for caregivers who must manage a medication 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.

Spring: Renewing Our Care For Loved Ones—A Vicki Nenner Event

by Roberto Velasquez

La Jolla, CA – Saturday, April 10, 2010. Southern Caregiver Resource Center (SCRC) and local La Jolla community leader, Vicki Nenner, hosted, for the second consecutive year, an intimate gathering for over 50 close friends and supporters of SCRC. The gathering was at Vicki and her late husband Paul's beautiful home overlooking the ocean. The theme of this year's evening was "Spring: Renewing our Care for Loved Ones". This year, Channel 10 News Anchor Kimberly Hunt and husband and former San Diego Chargers and morning show radio host, Billy Ray Smith, joined the elegant affair. Other special guests included Chula Vista Police Chief David Bejarano and wife Esperanza; Chula Vista City Council Member, Mitch Thompson; Luz Camacho, COO from Casa Familiar; San Ysidro Health Center's CEO Ed Martinez; SCRC Board President Nancy Ewin and husband, La Mesa City Council Member, Ernie Ewin; and former Miss California 2007, Melissa Chaty. United States Congresswoman, Susan Davis, also showed her support by making an unannounced special appearance that evening. Miss Chaty touched the souls of the guests again this year with an amazing rendition of "You Raise Me Up", by Josh Groban. Melissa shared the special meaning of this song for her and her family as they recently overcame a serious health challenge.

This year's stage was set in a "Live Studio" interview format. Kimberly Hunt conducted a masterful interview with Vicki Nenner and SCRC Family Consultant Marianna Randolph. Vicki openly shared intimate stories about her loving relationship with her late husband Paul and their life after Paul became



Live Studio Interview: (left to right)
Marianna Randolph, Kimberly Hunt, Vicki Nenner



(left to right)
Kimberly Hunt, Vicki Nenner and Autumn Doerman



(left to right)
David Bejarano, Lorie Van Tilburg,
Esperanza Bejarano, Billy Ray Smith, Vicki Nenner,
Kimberly Hunt, Autumn Doerman
and Roberto Velasquez

ill and she became his primary caregiver. Marianna, Vicki's Family Consultant, spoke about the very real and challenging stresses families undergo when they are thrust into caregiving responsibilities and how SCRC is able to assist families, like Vicki's, with the critical services they need. Vicki testified that it was the support of SCRC and Marianna that truly helped her from having a breakdown, or worse.

"The goal of the evening was to develop new friends and reconnect with old ones," said Lorie Van Tilburg, Executive Director for SCRC, "and I think we succeeded again this year." The evening included a special raffle for an original painting by Paulino Marquez entitled "Floreecer," which was painted and unveiled exclusively for the event. The title of the painting depicts a blooming season or a "renewal of life". Guests were also treated to fine wines, live musical entertainment by Allan Phillips, and delicious hors d'oeuvres catered by the exceptional Metro Catering – one of San Diego's finest. For information on how you can support SCRC, please contact Roberto Velasquez, Director of Development & Multicultural Services, or log on to our website at www.caregivercenter.org to make a donation. We are proud to say that 94 cents of every dollar goes directly to assist families in the community.



"Floreecer" - Original painting by
Paulino Marquez

Please visit our website for
a complete picture
slideshow

(Continued from page 1)

that family caregiving is often considered a universal, time honored and frequently cherished obligation across nearly every culture and not a horrible nightmare. Yet, with over 70% of women providing intensive support to frail older family members including family members suffering from Alzheimer's disease, Parkinson's disease, stroke and brain injury, the "burden" of caregiving is REAL.

Studies show that most family caregivers are ill-prepared for their caregiver role and between 40% and 70% of caregivers suffer from severe clinical depression and report poor physical health. In addition, women, more often than men, have to quit work, reduce their work hours, or take time off because of caregiving responsibilities – losing job-related income, benefits and retirement.

These are the mothers we honor on this Mother's Day – the backbone of our homes and society – and we want them to know how amazing they are!

Southern Caregiver Resource Center (SCRC) began 23 years ago with a focus on caregiver health. It was mothers (caregivers) that organized and rallied to advocate for caregiver

services in the late 1970's and early 1980's. It was mothers that led town hall meetings that later turned into legislation. Since that time, SCRC has assisted thousands of mothers with the proven, critical support services families need to remain employed, healthy, and to keep their loved ones at home. Staffed by masters-level clinicians, families receive assessments, family care plans, case management, family consultation, counseling, training, support groups, respite services and referrals – all at no cost.

After all this time, SCRC is proud to say that we continue to be the only 501c3 in San Diego & Imperial Counties that focuses first and foremost on the health of the caregiver. We, at SCRC, honor Mother's Day by making sure that our doors remain open so that families have easy access to the caregiver services they need. We do this by making sure that 94 cents out of every dollar we receive goes directly to help families in the community. This is our commitment to Mothers who give of themselves without reservation!

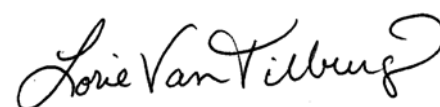
This Mother's Day, we humbly ask that you join us in honoring Mothers by making a special tax-deductible donation to **Southern Caregiver Re-**

source Center in honor of Mothers everywhere. With the budget cuts we have already experienced this year from the State Department of Mental Health and with additional cuts always looming, gifts of \$50 and \$100 or more are greatly needed and appreciated. For your convenience, you will find a pre-addressed remittance envelop in this special edition of the newsletter.

It is through the strength and help of our community that we continue to move our Mission forward to help the thousands of families in desperate need of vital support services.

Thank you for your support.

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 and click the DONATE button.



Lorie Van Tilburg
Executive Director

Making a gift to Southern Caregiver Resource Center is an art that combines financial planning, estate planning and tax planning to enable you to make gifts of significance that help the charity and give you tax and financial rewards.

Giving different types of property, for instance, has different tax results. If securities such as stocks have been owned more than one year, donors can deduct not only the original cost but also any paper profit from the gift. There are no capital gains taxes due when you give securities. Real estate, mutual funds and other types of property offer the same advantages. At death, it makes sense to leave tax-burdened assets such as savings bonds and benefits from retirement accounts to charities, thus allowing heirs to avoid income and death taxes.

Some friends of Southern Caregiver Resource Center have helped through bequests – gifts through their wills or living trusts. You could also choose to make a gift that reserves

Planned Giving

by Roberto Velasquez

lifetime income to you or a family member. SCRC would benefit in the same manner as if you had made a bequest, but you would be entitled

to charitable deductions and other tax benefits. Another way to give is to make an immediate gift of cash or property. By tailoring your gift to your personal situation, you can gain maximum tax rewards, maintain financial security and make a meaningful contribution as well.

Whether you are interested in leaving a lasting legacy in memory of a loved one or friend through your will, living trust or life insurance policy, or whether you'd like to make an immediate, significant gift in appreciation for the services you and your family received and need the tax benefits, SCRC recommends that you speak to your estate planner and call SCRC to discuss the various donation options. For more information, contact Roberto Velasquez, Director of Development & Multicultural Services, at (858) 268-4432 or rvelasquez@caregivercenter.org

RESPITE SOS

*Lifesaving
Support
for
Family
Caregivers*



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

Through Southern Caregiver Resource Center's (SCRC) Respite Program,

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

Families providing care to the frail elderly represent a growing segment of our population and as the baby boomers age, this segment will only continue to grow.

Today, family caregiving provides for up to 80% of all long-term care for dependent elderly family members.

SCRC is a non-profit agency whose funding comes from individual donors, private foundations, Aging & Independence Services, The County of San Diego, The State of California, and the annual fundraising event "Bastille Day." Unfortunately, current funding for respite services does not meet the demand.

Last year, we mobilized all who care about families and caregivers to make a donation to the respite challenge. SCRC is continuing the challenge in 2010 as the need for respite and the need for funding continues to grow. Our hope is that you will support this effort so families can get the help and support they need now.

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

She was making me crazy!
CRAZY!!!

"Thank You Respite"

kinds within walking distance.

I was afraid I was going to do something that I would regret sooner rather than later. What was I doing? What was I saying? Did Mom really deserve this kind of treatment? Well, she had been asking me that SAME question over and over again for the past half hour... Who wouldn't feel a little crazy? (I talk to myself to help refocus...) But it wasn't Mom's fault. She has Alzheimer's disease, a form of Dementia.

So why was I getting so upset with Mom? IT WASN'T HER FAULT. She can't change her behavior, so I need to examine mine.

One of the first things I had heard at my support group was that I needed to take care of myself. But, I was. I was eating (pretty) well, and I was getting plenty of sleep, although the baby monitor that I had hooked up in Mom's bedroom kept me aware of her every movement.

A member of my support group said she was renting a motel room up the coast for a couple of days so that she could get away from the moment-to-moment "stress" of caring for her husband. She wanted to READ A BOOK. Wow, what a concept, I thought. But who would stay with my mother 24/7 like I do?

No one knows her routine like I do. No one is familiar with her "moods" like I am. After all, she's my "MOM"!

Eventually I realized that I really did need a break. A respite, if you will. Where would I go, and what would I do? A friend suggested a cruise.

EVERYTHING is included in one price; a nice room to sleep in, plenty of restaurants close by, entertainment of all

So I booked a cruise for myself only. That way I wasn't responsible for anyone but myself. If I wanted to sleep in late, I could. If I wanted to stay up late, I could. If I wanted to go ashore when our ship was in port, I could, or not. I didn't have anyone to answer to but myself.

I had a GREAT time, mostly reading. My cell phone is not international, so I was out of touch with everyone I knew. I was forced to rely on my sister to handle whatever came up. It was SUPER!!!

And, I came back refreshed!!! Now, I try to take a few days off about every six months. I have to plan my respite around my sister's teaching schedule, but that is a small price to pay for recharging my batteries.

So, when someone tells you that taking care of yourself is important, believe them. When someone suggests that you take a few days off, or a week off, make the arrangements. I don't think I would be nearly as effective as I am if I hadn't decided that taking care of myself meant absencing myself from my care-giving surroundings.

~Cheryl

Unfortunately, due to End Stage Parkinson's Disease, the length of respite for caring for my husband is permanent. He is now in a nursing facility. After I became emotionally and physically rested, I realized how much I enjoy our time together during my visits, despite his dementia. Feelings of guilt and loneliness caused by our situation eased.

My only responsibility now is to advocate for and treasure him.

~Lyn



La Jolla, CA. April 21ST – April 24TH, 2010, Southern Caregiver Resource Center hosted its first ever Scavenger Hunt contest to benefit the organization. “The goal was to have a fun and quick contest that would attract young professionals to SCRC and to bring in new silent auction items to be used at the 19TH Annual Bastille Day Celebration on July 10TH, 2010,” explained Roberto Velasquez, Director of Development & Multicultural Services for SCRC. The Scavenger Hunt was led by SCRC’s newly formed volunteer Young Professional Committee. The Scavenger Hunt was kicked off at the Rock Bottom Restaurant & Brewery in La Jolla on April 21ST, with a Happy Hour and \$2 beer special for contest participants. Participants were greeted by the committee and given packets with contest rules and materials.

Over 35 young professionals joined the Scavenger Hunt contest. The contest concluded on Saturday at Rock Bottom. Contest winners included Randy and Krystie Davis of Attentive Home Care in 1ST place, Andrea Cangiano in 2ND place and Mark & Rebecca Miller in 3RD place. “I think this was a great event”, said Alison Sorley, long-time SCRC volunteer and Committee Member. “We introduced 30 plus new

.....Benefiting SCRC

young professionals to SCRC and obtained over \$3,500 in silent auction items for Bastille Day, and everyone had a great time!” said Sorley.

Although the Scavenger Hunt contest is over, SCRC is still in need of silent auction donations for this year’s Bastille Day Celebration. If you have some nice bottles of wines or other items you would like to donate (like Padres or Chargers tickets, weekend get-a-way, gift certificates for fine dining, etc.), please contact Roberto Velasquez at (858) 268-4432 or rvelasquez@caregivercenter.org. All donations are TAX DEDUCTIBLE.



(left to right) Autumn Doermann, Roberto Velasquez, Melissa Chaty, Alison Sorely, Carlos Rubio, Nannette Gonzales, Mark and Rebecca Miller.



19th Annual Bastille Day Celebration *by Roberto Velasquez*

JOIN US on Saturday, July 10TH, 2010, from 4 pm to 8 pm at Fairbanks Ranch Clubhouse in Rancho Santa Fe, CA for SCRC’s 19TH Annual Bastille Day Celebration and fundraiser directly supporting the families served by SCRC. Tickets are on sale now on our website at www.caregivercenter.org or you can call us at (858) 268-4432.

The Bastille Day Celebration promises to be a fun-filled evening 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 will be live musical entertainment, and many of our County’s “whose who” will be in attendance. Don’t delay, tickets sell out quickly and we don’t want you to miss out! For underwriting or sponsorship opportunities, or to make a silent

auction donation, please contact Roberto Velasquez, Director of Development & Multicultural Services, by telephone or at rvelasquez@caregivercenter.org

Last year, the funds raised at Bastille Day helped us support the comprehensive array of services SCRC provides for family caregivers. Those services included providing information and assistance to 1,300 families; 518 comprehensive assessments; 4,000 hours of case management; 1,040 hours of individualized, short-term counseling; 456 hours of support groups; caregiver training to 1,785 participants; 79 community education events; and 10,433 hours of respite care to family caregivers.

We hope to see you all there!



Southern Caregiver Resource Center presents the 19th annual



Bastille Day Celebration

Saturday, July 10, 2010

4 to 8 PM

at the

Fairbanks Ranch Clubhouse, San Dieguito Rd., Rancho Santa Fe 92067

*Join us for Hors d'oeuvres, Wine Tasting, Live Entertainment and Silent Auction
\$125 per person*

Yes, I want to join the Bastille Day Celebration on July 10th!

- ☐ Please reserve _____ Wine Tasting and Silent Auction tickets at \$125 each.
- ☐ I am unable to attend but want to support SCRC with my tax deductible donation of \$ _____
- ☐ Payment enclosed. Make checks payable to SCRC.
- ☐ Or charge my credit card

Card No _____ Exp. Date _____ Sec. Code _____

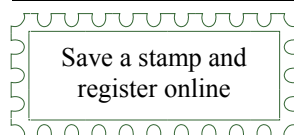
Name _____

Signature _____

Address _____

City/Zip _____ Phone/Email _____

Name(s) of Guest(s) _____



Mail to SCRC at 3675 Ruffin Rd., Suite 230, San Diego 92123.

Please respond by July 6, 2010. Reservations will be held in your name at the door.

SCRC Tax ID #33-0402867

Please Note: The net charitable deduction equals the ticket price less the fair market value of considerations received. For this event, the tax deductible amount is \$75 per ticket.

For more information, visit our website at www.caregivercenter.org or email us at rvelasquez@caregivercenter.org

Are You a Caregiver in South San Diego County? *by Kelly Farrell*

If you answered yes to this question, the good news is that Southern Caregiver Resource Center has a new exciting program just for you.

In September, The Harry and Jeanette Weinberg Foundation funded Southern Caregiver Resource Center (SCRC) to start a new program called Partners in Caring for family caregivers in South San Diego County. The program links the services offered by Southern Caregiver Resource Center, the Alzheimer's Association, the George G. Glenner Alzheimer's Family Centers, Elder law and Advocacy, Jewish Family Service's Fix-It Program, and Casa Familiar. Partners in Caring is determined to making it easier for family caregivers to access multiple programs and supportive services by joining these community agencies together into a partnership.



arranging service delivery. Family Care Managers are available to provide ongoing emotional support and consultation. Professional counseling and short term respite are also available through Southern Caregiver Resource Center.

The free services provided through Partners in Caring include legal consultations with an elder law attorney to discuss Medicare, legal issues, or long term care planning. The Fix-It Program through Jewish Family Services offers a complete home safety assessment. In addition, they can also provide adaptive equipment for caregiving and home modifications through vol-

unteers. The Alzheimer's Association and the Glenner Family Centers specialize in the needs of those with dementia and their caregivers and are able to provide care consultations, caregiver training and education, community education, and support groups throughout the community. Casa Familiar has an intergenerational computer lab, which can assist caregivers to learn how to use computers as a resource to enhance their caregiving and remain connected with family and friends.

Through this partnership, each agency offers free services to support caregivers in caring for their loved ones and carries out the motto "no wrong door". Caregivers seeking services through any of these agencies can be included in the program and referred to a Family Care Manager at Southern Caregiver Resource Center.

After determining that a caregiver is eligible for Partners in Caring, a Family Care Manager meets with the caregiver at their home or at a location in their community. The Family Care Manager assesses the needs and concerns of caregivers and is able to explore courses of action and care options. If it is determined that the caregiver would benefit from the services provided by another Partners in Caring agency, the Family Care Manager will assist in

To be eligible for Partners in Caring, a client must live in South San Diego County, which includes all of Chula Vista, National City, Imperial Beach, Coronado, San Ysidro, and Bonita. In addition, a client must be either a family member or informal caregiver of an adult with a cognitive impairment or a family member or informal caregiver of a frail older adult, age 60 or older. Clients can access the full range of services by connecting with any Partners in Caring agency or by calling SCRC at 1-800-827-1008 or (877) 303-7037 (para Español).



San Diego - Help your South Bay community by assisting your older adult family, friends and neighbors stay in their homes longer and safer! The JFS Fix-It Service is a volunteer-based program of Jewish Family Service of San Diego which provides minor home repairs and safety modifications for older adults throughout the County, regardless of religious affiliation. All home safety modifications are performed by volunteers at no cost to the family. Examples of JFS Fix-It Service home safety modifications include installation of bathroom

safety bars, outdoor handrails, wireless doorbells, and light-bulb replacements. Volunteers who are handy and enjoy making home repairs are needed in the areas of Chula Vista, Imperial Beach, National City, and San Ysidro immediately. Volunteers receive mileage reimbursement and the necessary supplies to complete these important safety repairs.

If you are interested in volunteering with the JFS Fix-It Service, please contact Melinda Wilkes at 858.637.3050 or start your application on-line: www.jfssd.org/volunteer



Events and Information for Family Caregivers



Partners In Caring - Support Groups

■ **ALZHEIMER'S ASSOCIATION SPANISH SUPPORT GROUP**, meets every Tuesday at Casa Familiar, 212 East Park Ave, San Ysidro, from 10 to 11:30 AM

■ **GLENNER CENTER CAREGIVER SUPPORT GROUP**, meets every Wednesday at Glenner Center, 280 Saylor Dr., Chula Vista, from 3 to 4:30 PM

SCRC Support Groups

■ **ADULT CHILD AS CAREGIVER**, meets the 2nd and 4th Thursdays of the month at SCRC, 3675 Ruffin Rd. Ste 230, 5:30 to 7 PM. Facilitated by Kelly Farrell, MSW.

■ **CLAIREMONT CAREGIVER SUPPORT GROUP**, meets on 2nd and 4th Wednesdays at Live Well San Diego, 4425 Bannock Ave, 1:30 to 3 PM. Facilitated by Alejandra Ceja-Aguilar, MA.

■ **RANCHO BERNARDO CAREGIVER SUPPORT GROUP**, meets the 1st and 3rd Thursday of the month at the Remington Club, 16925 Hierba Dr.- Multipurpose Room, from 5:30 to 7 PM. Facilitated by Adrienne Burnette, Ph.D., MFT.

■ **FALLBROOK CAREGIVER SUPPORT GROUP**, meets the 4th Thursday of the month at Fallbrook Healthcare Foundation Pittenger House, from 10 to 11:30 AM. Facilitated by Marianna Randolph, LCSW.

■ **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 3rd Thursday of the month at SCRC, 3675 Ruffin Rd. Ste 230, 6:30 to 8 PM. Facilitated by Seraphina Galante, MSW.

Caregiver Events

Free Aging Summit 2010- La Mesa

June 3, 2010, 9 am—2:30 pm
Town & Country- Resort & Convention Center
4031 Avocado Blvd, La Mesa
Register: (877) 926-8300 or
[Http://agingsummit2010.eventbrite.com](http://agingsummit2010.eventbrite.com)

Free Latino Alzheimer's Community Forum—San Ysidro

June 19, 2010, 10:30 am—3:30 pm
SYHC Adult Day Health Center
3364 Beyer Blvd, San Ysidro
Register: (619) 662-4100 or www.syhc.org

Free Caregiver Conference- La Mesa

July 17, 2010, 8:30 am—2:30 pm
Foothills United Methodist Church
4031 Avocado Blvd, La Mesa
Register: (800) 827-4277 or www.sharp.com

Free Caregiver Conference- Escondido

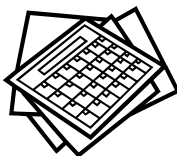
July 24, 2010, 9 am—2 pm
First United Methodist Church
341 S. Kalmia St, Escondido
Register: (800) 827-1008

Free Caregiver Conference- National City

September 25, 2010, 8:30 am—2:30 pm
Paradise Village
2700 East 4th Street, National City
Register: (800) 827-4277 or www.sharp.com

Free Caregiver Conference- Mission Valley

October 5, 2010, 8:30 am—2:30 pm
First United Methodist Church
2111 Camino Del Rio South, San Diego
Register: (800) 827-4277 or www.sharp.com



Caregiver Studies

Family Caregivers of Veterans

National Alliance for Caregiving
Is seeking Family Caregiver of Veterans for a new study. The study is intended to determine how caregivers of Veterans are coping, and what community and VA services, resources, an programs would support an assist them with their caregiving activities. Cash incentives will be available for study participants and Veterans who refer them. Please contact Kathy Cameron at kathleen56@caregiving.org for more information.

Latino Family Caregivers

Stanford Geriatric Education Center is seeking Latino Caregivers to participate in a special project. Participants must be of Latino origin, 21 yrs of age or older and caring for a family member with Alzheimer's or dementia. Study will last 6 months and participants will be able to keep all materials provided along with a thank you Giftcard. Call Maria Quaradaghi at (619) 948-3324 to sign up. Habla Espanol.

PositScience Brain Fitness class

The revolutionary and highly acclaimed PositScience Brain Fitness class is currently being offered as part of a free study through a partnership between San Diego Continuing Education, SDSU, the Joan Kroc Community Center and Bayside Community Center. Names are now being accepted for the classes that will begin again in the fall (dates and time TBA). Participants must be at least 18 yrs of age. For more information about the class and/or study, including times, dates and locations, please e-mail Professor Pat Mosteller, at pmostell@sdccd.edu.

Partners in Caring Caregiver Classes

Partners in Caring is offering a range of free classes for family caregivers. These weekly classes will be held throughout South San Diego County. Please contact Alejandra Ceja-Aguilar at (858) 268-4432 or aceja@caregivercenter.org for a complete listing of topics covered and current locations.

Free Caregiver Education Opportunities

SCRC provides education and training on a variety of issues related to caregiving. Our professional staff can organize education for groups of caregivers and community professionals. We can also provide CEU's for professionals as appropriate. SCRC staff can provide education and training at a variety of settings including community support groups, corporations/small and large businesses, churches, assisted living facilities, large and small community events—just to name a few. Please contact Alejandra Ceja-Aguilar, Director of Education and Outreach, at 858-268-4432 or aceja@caregivercenter.org for more information.

June—December 2010

Educational Opportunities for Caregivers

MAKE YOUR OWN JOURNAL

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

Goals for this workshop series are:

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



When: Wednesday, June 9th, *and* June 23, 2010, 12:30 PM to 3:30 PM (no class on June 16)

Facilitated by:

Seraphina Galante, MSW and Marianna Randolph, LCSW

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

Cost: \$30

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

POWERFUL TOOLS

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

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



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

When: Tuesdays, July 20 - August 24, 2010, 1 PM to 3 PM

Facilitated by: Andrea Cangiano, LCSW and Marianna Randolph, LCSW

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

Cost: \$45 – cost includes *The Caregiver Helpbook*

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

REGISTRATION

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

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

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

Save a Stamp

**Online Registration
now available
for all classes**

www.caregivercenter.org



NOTE

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

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, September 21, 2010, 1 PM to 4 PM

Facilitated by:

Kelly Farrell, MSW and Adrienne Burnette, Ph.D., MFT

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

Cost: \$15

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

CONTROLLING FRUSTRATION

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

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

When: Tuesdays, October 5 through October 25, 2010, 1 PM to 3 PM

Facilitated by:

Marianna Randolph, LCSW and Jenica McKeown, MSW

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

Cost: \$30

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



all that apply

- ☐ **MAKE YOUR OWN JOURNAL**, \$30, begins June 9th
- ☐ **POWERFUL TOOLS**, \$45, begins July 20th
- ☐ **CARE OPTIONS**, \$15, September 21st
- ☐ **CONTROLLING FRUSTRATION**, \$30, begins October 5th

Clip and Mail to SCRC

**Education for Caregivers
June — December 2010**

Name: _____

Address: _____

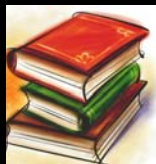
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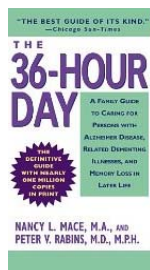
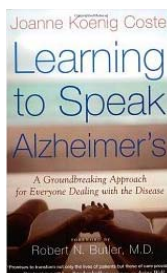
SCRC Library Spotlight

A look at some of the great resources available in SCRC's library.

Learning to Speak Alzheimer's

By Joanne Koenig Coste

More than four million Americans suffer from Alzheimer's and as many as twenty million have close relatives or friends with the disease. Revolutionizing the way we perceive and live with Alzheimer's, Joanne Koenig Coste offers a practical approach to the emotional well-being of both patient and caregivers that emphasizes relating to patients in their own reality. Her accessible and comprehensive method, which she calls habilitation, works to enhance communication between carepartners and patients and has proven successful with thousands of people living with dementia.



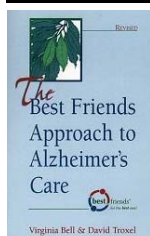
The 36-Hour Day

By Nancy Mace & Peter Rabins

When someone in your family suffers from Alzheimer's Disease or other related memory loss disease, both you and your loved one face immense challenges. For over twenty years, this book has been the trusted "bible" for families affected by dementia disorders.

The Best Friends Approach to Alzheimer's Care

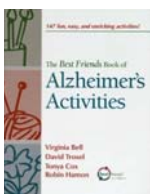
By Virginia Bell & David Troxel



What does it take to be a friend to a person with Alzheimer's disease? All the same ingredients that go into any good friendship: mutual respect, affection, understanding and support. It means sharing time, feelings, memories and new experiences. It's not hard. It's our nature. Amidst the many challenges and faces of this disease, the book shows how easily you can make a difference in the life of a family member or client in your care.

The Best Friends Book of Alzheimer's Activities

By Virginia Bell, David Troxel, Tonya Cox & Robin Hamon



The two activity books in this set combined provide over 250 fun and easy activities and ideas for creative art projects, interactive games and evening activities.



SCRC has over 300 books and DVDs on topics including general caregiving, disease specific topics and grief. They are available to check out at our office in Kearny Mesa.

The
Legacy
Circle



The Legacy Circle is a special group of individuals who have made a bequest or lifetime gift to Southern Caregiver

Resource Center (SCRC). These very important friends have chosen to leave a lasting legacy that will strengthen Southern Caregiver Resource Center and ensure that many other family caregivers have access to the valuable work and support SCRC provides in our community.

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

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

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

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



Do you need Information?

What topics are of interest to you?

Do you have an idea for an article?

SCRC would like to collect your thoughts on future *Wavelengths* articles.

We want to know what you want to read about.

Please call us at

(858) 268-4432 or email us at
scrc@caregivercenter.org
and give us your ideas.

Find us on Facebook

As my younger siblings say, "glad you're getting with the times!" The truth is, it's not so scary, this world of technology. But when you're like me and you just got comfortable texting, other mediums of technology can be intimidating. But it's not so scary after all. Join SCRC's new FACEBOOK page to get updates on events and happenings. Or call me ☺.

~Roberto Velasquez

facebook

SCRC's 2009 Lifeline

SCRC thanks the following individuals and organizations for their generous contributions in support of our services from January through December 2009.

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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.

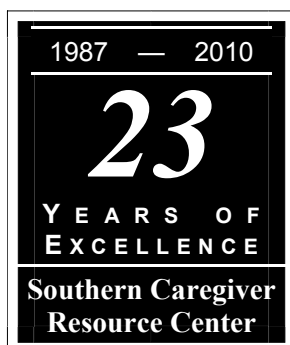
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Southern Regional Resource Center Inc. dba
Southern Caregiver Resource Center

Caring for those who care for others

3675 Ruffin Road, Suite 230
 San Diego, CA 92123



Wavelengths

Volume 46, Spring-Summer 2010

Join us in July for our 19th Annual



Bastille Day Celebration

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