



# Southern Caregiver Resource Center

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

*Volume 40, Fall 2007*

## Wavelengths

Published three times annually  
by SCRC

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The 16<sup>th</sup> annual Bastille Day Celebration was a spirited event with great food, fabulous wine, and many, many friends and supporters of the Southern Caregiver Resource Center, all of whom have demonstrated extraordinary generosity and warmth as hosts and major sponsors of the event. Our special thanks go to Max & Barbara Dykmans, sponsors of the event, who made it possible for SCRC to hold the event at the beautiful Fairbanks Ranch Clubhouse.

The day began with a spectacular array of appetizers, expertly prepared and served by Metro Gourmet, accompanied by a variety of wines from many different vineyards (the vineyards and wine companies are listed on page 5) .

As it is every year, the success of Bastille Day could not happen without the help and support of many people. Special thanks go to Dean and Cheryl Raiken of Metro Gourmet, who prepared all the delicious food, Trasie Farfan of Kiss Me Cakes, for her delectable desserts, Eli Shemirani of Barons in Del Mar Heights, for his support in coordinating all the wine vendors for the day, Qualcomm Inc., event title sponsor, all of the Corporate sponsors (listed on page 4), the SCRC Board of Directors and staff, and to everyone who donated and attended Bastille Day. We are so grateful for your continuing support in making this annual event a memorable one. Through our combined efforts we raised approximately \$50,000. These funds will help the Resource Center provide additional respite care, family consultation and support services to family caregivers.

We hope to see you next year for another fun-filled Bastille Day Celebration!

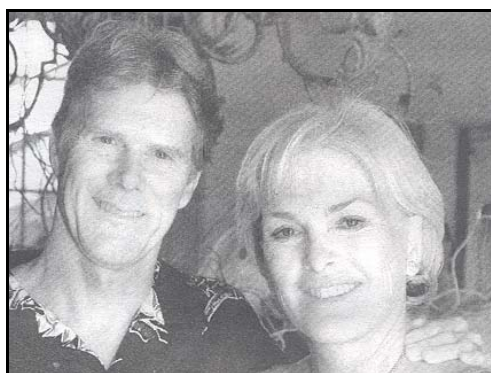


16th Annual

# Bastille Day Celebration

SCRC's annual fundraising event to benefit family caregivers  
July 14, 2007 at Fairbanks Ranch Clubhouse

TITLE SPONSOR:



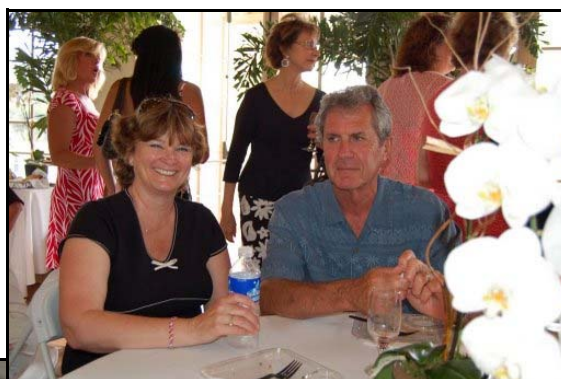
Max & Barbara Dykmans, Event Hosts



L to r: Matt Buck, SCRC Board of Directors, Bonnie Bellingham and Mark Sanna, guests



Looking at the venue from the lake dock



Above: Cheryl & Gary Reist, guests



Left: Cheryl Reist, Sandy & Ken La Flair, guests



Right: Cindy Lehman, SCRC Board of Directors and guests at auction table



16th Annual  
**Bastille Day Celebration**  
SCRC's annual fundraising event to benefit family caregivers  
July 14, 2007 at Fairbanks Ranch Clubhouse



*Gift and Wine Auction tables*



*One of the 15 Wine Tasting stations*



*Above: Kami Shevlin, Cathy Bourdon, Loving Layug, SCRC Staff*



*Right: Guests enjoying the beautiful setting at Fairbanks Ranch Clubhouse on the lake*

EVENT PHOTOGRAPHER  
HOLLY MARTIN





16th Annual

# Bastille Day Celebration

SCRC's annual fundraising event to benefit family caregivers  
July 14, 2007 at Fairbanks Ranch Clubhouse

TITLE SPONSOR:

# QUALCOMM®

## SPECIAL THANKS TO:

**Max & Barbara Dykmans,**  
Event Sponsor  
**Dean & Cheryl Raiken,**  
Metro Gourmet  
**Trasie Farfan, Kiss Me Cakes**  
**Eli Shemirani, Barons**  
**Anderson Direct**  
**Gary & Lori Parker, Founders,**  
The WineSellar & Brasserie

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Sharon Siegfried  
Sole Solutions, Linda Hotchkiss  
and Rajam Roose  
Kenneth & Peggy Terrill  
The Firm Health & Fitness Center  
The Gathering Bar and Grill  
The Gourmet Group Catering Svcs.

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The Young and the Restless  
The Wine Bank  
Steve Thein  
Trisler's Wine Bar  
Arie Troyce  
Urban Mo's  
Tom Watson  
Westgate Hotel  
Kevin Weishan  
Paul & Jean Wemhe  
Whoop, Inc.  
Marla Zanelli  
ZD Vineyard  
Zoological Society of San Diego

#### FOOD PURVEYORS:

American Tuna  
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Soma Beverage Company, LLC  
Swiss Chalet  
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US Foodservice Metro Mint  
West Central Produce, Inc.

#### WINERIES AND/OR WINE COMPANIES POURING AT THE EVENT:

Alexander Valley/Young Wine Co.  
Barons                      Ferrari Carano  
Franklin                     Grgich Hill  
Grove Street               Henry Wine Group  
Purple Wine Co.           Regal Wine Co.  
Rombauer                  Silver Oak  
South Coast               TGIC  
Wine Warehouse

#### FLORAL ARRANGEMENTS:

Florals Plus, Ron McKenzie  
Sign Here, Joanne & Erik Valentine

**SCRC thanks all donors for their generosity in support of the event. We couldn't do it without you!**

## SCRC RECEIVES AWARD: 2007 National Family Caregiving Award for Space of Beauty Journaling Program

### The National Alliance for Caregiving and the MetLife Foundation Honor Programs that Make a Difference

Representatives of leading non-profit organizations convened in San Francisco on July 31, 2007 to honor the 2007 winners of the National Family Caregiving Awards, recognizing outstanding community-based programs that support family caregivers providing assistance to older adults. Sponsored by the National Alliance for Caregiving, with support from MetLife Foundation, the awards noted programs for their innovation, effectiveness, and response to caregiver needs.

Nearly 100 non-profit organizations competed in the categories of caregiver support, education, and technology. The agencies assist family caregivers in their effort to keep older adults in their own homes or with family as research shows that the vast majority of Americans prefer to remain in their own homes as they age. Applicants were judged by a panel of caregiving experts. The top six programs were awarded \$25,000 each to continue and enhance their work.

"We were thrilled to learn about so many excellent programs around the country that have found innovative and effective ways of supporting the efforts of the family caregivers," said Gail Gibson Hunt, President & CEO, National Alliance for Caregiving. "Thousands of nonprofit agencies across the United States provide these sorts of services, and we hope that other non-profits will be inspired by these programs, by seeing the possibilities

and taking on the challenge of improving the level of support to caregivers."

One of the awardees, Southern Caregiver Resource Center (SCRC), was acknowledged for their Space of Beauty Journaling Program.

SCRC's Maggie Marshall receives award plaque from Aileen Worrell,



Director Operations & Programs, National Alliance for Caregiving.

A Space of Beauty is an innovative program that brings volunteer artists together with caregivers to create custom-made journals – each a piece of art – with unique prompts to help caregivers find their voice by providing a safe place to write down their passions, hopes, new ideas, and worries.

Southern Caregiver Resource Center took an uplifting, new approach to reducing risk factors of caregiving, such as emotional and physical isolation, loss of self-esteem, fear, guilt, and anger. Three years ago, SCRC initiated a journaling program called A Space of Beauty, which has made numerous positive changes in the daily lives of caregivers

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(Continued from page 5)

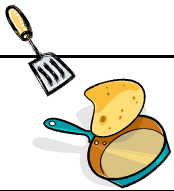
participating in this program. This is no ordinary journaling program. Each unique journal is a piece of art created by an artist and specific to each caregiver.

San Diego artists generously volunteer their time and talent to create individual journals to help support current caregivers on their complex journey. These journals are filled with journaling prompts to encourage writing from the heart.

The program includes a class called Steer with Your Pencil to help caregivers get started with putting their deepest thoughts down on paper.

Research shows writing is restorative and enhances a caregiver's physical and mental health, helps caregivers find their voice, clarifies their thoughts, provides an opportunity to express gratitude, and helps caregivers be open to new resources in their communities. The journaling

prompts that have made the most significant difference are those that help caregivers rediscover their past passions. Writing allows caregivers to step out of their current situation, see it more objectively, and find ways to reconnect with their passions.



## Flip-Flop Your Pancakes for Caregivers!

Third Annual Breakfast at Mission Bay




**S**aturday, September 22nd is the day for the Caregiver-to-Caregiver Network's third annual Breakfast Picnic. SCRC celebrates the third year of the Walking Groups and the 'Buddy' Program.


The Picnic begins at 9AM to 11AM, and is held at Mission Bay, next to Tecolote Shores Pavilion.


SCRC has been working with Volunteer San Diego Hands On program, and we are delighted that volunteers from Southcoast Community Church, through their Coastal Kindness program, will be helping us with the breakfast that morning.


For the past three years, each of the SCRC's three Walking Groups have participated in a Summer Challenge. At the breakfast picnic, some caregivers will share how they embarked upon this year's challenge. The goal was to rediscover an old friend from the past or cultivate a new friendship. It's not too late to pick up a Summer challenge card before the picnic. Just come to one of the Walking Groups shown below.

For additional information on the picnic or any of the Walking Groups, please contact Maggie Marshall, Director Caregiver to Caregiver Network at (858) 268-4432.

 <b>WALKING GROUP SUMMER CHALLENGE!</b> 	
<b>2007</b>	
<b>Try something NEW this summer!</b>	
This summer I want to reach out and make a new friend, and/or connect with someone I liked from my past!	
Friends ~ Extended Family ~ Neighbors ~ Colleagues	
<b>Brainstorm Ideas!</b> <ul style="list-style-type: none"> <li> Pull out my yearbook or old telephone book</li> <li></li> <li></li> <li></li> </ul>	<b>Steps to Take to Make it Happen:</b> <ul style="list-style-type: none"> <li> Find their contact information</li> <li></li> <li></li> <li></li> </ul>
 <b>Pick Someone!</b>	
Name _____	
	

 **Lake Murray Concession**  
**Stand Early Birds:** 2<sup>nd</sup> & 4<sup>th</sup>  
 Saturday, 8 to 9 AM, Volunteers Ron Lohrbach & Virginia Gothard lead walk.

 **Mission Bay Information Center**  
**Welcome Walkers:** 1<sup>st</sup> & 3<sup>rd</sup>  
 Wednesday, 11:30 AM to 12:30 PM,  
 Volunteer Graceann Hall leads walk.

 **Encinitas, Swami's Beach**  
**Sea Coasters:** 2<sup>nd</sup> & 4<sup>th</sup>  
 Tuesday, 1:30 to 2:30 PM,  
 Volunteer Pat Clancy leads walk.

## *A Space of Beauty ~ 100th Journal Celebration*

Southern Caregiver Resource Center is hosting a Tea Party to honor the caregivers who have received, and the volunteer artists who created, 'A Space of Beauty' journals. The Tea Party will be held on Thursday, November 8, 2007, 11:30 AM to 1:30 PM, at the Courtyard by Marriott, Central, in San Diego.



*Jane LaFazio,  
Space of Beauty  
Lead Artist*

Under the leadership of Jane LaFazio, lead artist, the 25 volunteer artists who have given their time and talent will be honored at this gathering. The 100 caregivers who received a customized journal will also be there and will have an opportunity to meet the artist who created their unique journal.

The journals have helped their recipients by giving them a safe place to write down their thoughts.

Shown here is a journal entry from a caregiver, Mr. Sabeh, who is always reaching out to learn more and take advantage of resources from SCRC. Mr. Sabeh is an active member of the Lake Murray Walking Group, has a buddy, attends the men's support group, continues to take classes on caregiver support, and gives back to other caregivers. In 2005 he received his journal, and shares that he writes his innermost thoughts in it from time to time. Initially, he thought that the journal program was a marvelous idea, and when his SCRC Family Consultant suggested that it might be a useful tool for him, he said, "Yes, I'd like to have one of my very own." He has shared his thoughts about its uniqueness with many caregivers, and has expressed appreciation to the artist who designed his journal, creating pages and prompts that are relevant and unique to his life journey. Mr. Sabeh entered the following thoughts into his journal in April 2007:



### *Coping with my loved one's dementia*

*What I've learned living with my spouse's dementia.*

1. *I need to be flexible:*
  - a. *To protect her*
  - b. *To give her space, time, and listen carefully*
  - c. *To interpret and understand her thoughts and actions*
  - d. *Above all, to be patient*
2. *I need to understand the dynamics of the disease.*
  - a. *To learn her behavioral changes*
  - b. *To implement actions that will alleviate harmful ones*
  - c. *Be understanding, for her learning skills are lost*
3. *There is NO GOLDEN ANSWER.*
  - a. *Literature reviews and research indicate cures are unknown to date, BUT THERE IS HOPE!*
4. *I cannot work miracles but will do the best I can and accept assistance when offered.*
5. *As a caregiver, I must stay healthy and keep a sense of humor.*
6. *Take one step at a time and make contingency plans for I cannot control this long and lonely journey I am on.*

**... SAVE THE DATE ... SAVE THE DATE ... SAVE THE DATE ...**

SCRC's annual

## *Winter Open House*

**Monday, December 10, 2007, 4 to 6 PM, at the SCRC office.**

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

## SCRC Offers Educational Opportunities for Caregivers

### BEYOND CAREGIVING: COMING BACK TO YOU

The tone of this class is both fun and meaningful. It stretches you to touch your creativity while having a sense of humor. Using discussion with humor and mutual safe support, it accomplishes goals that are similar to other caregiver classes. It differs in that we make projects that can be taken home with you. Many of the techniques used in the class include relaxation, visualization, writing, drawing, and collage.

#### **“Beyond Caregiving” goals:**

- **Reconnecting with who you are** — It is vital to keep a balance between your role as a caregiver and other roles that are also important to you. Caregivers can feel out of touch with themselves because of the constant demands of caregiving. Some have said, *“I feel as though I’m losing me.”* They find themselves thinking and talking about their relative much of the time. Perhaps you have lost contact with activities and hobbies that are of interest you. By reawakening your lost interests and giving the opportunity to express them, this class helps you to not lose yourself in the caregiving role.
- **Promoting self-awareness and self-expression** — This class offers the opportunity to loosen the caregiver mask, let down your guard, to step aside of the role of care person, and to experience who you are. The projects taught in class are specially designed to inspire your creative expression and to give life to those valuable parts of yourself. It is possible to find ways of expressing who you are even when life limits your choices. You can increase the ability to find meaning and freedom within the limits that caregiving puts on you. This

class helps you understand yourself within these limits and offers ways you can express your individual identity. The process can help you to know how to make each day a better day for you as well as your relative.

- **Reducing feelings of isolation** — Every caregiver belongs to the larger family of caregivers and yet it is easy to feel lonely and isolated. Through sharing and mutual support, this class helps break the bonds of isolation by giving you the experience of connecting with others who understand.

At the end of every class, everyone gets to take home projects worked on in the class. These projects help remind you of your identity in addition to being a caregiver, especially in overwhelming situations.

#### **What others say about this class:**

- *“I got reacquainted with myself – my interests, past experiences and had fun!”* (Caregiver of a spouse)
- *One of the benefits is “having the completed materials to take home and reflect on them later.”* (Caregiver of a parent)
- *“I have a stronger sense of community with other caregivers; I know that will grow in the future.”* (Caregiver of a parent)

#### **Reminder:**

- Art experience is not necessary.
- Respite is available while attending any class or workshop.
- Sliding scale fee available.

#### **— MONTHLY WORKSHOPS —**

Join a monthly Workshop on the first Thursday of the month. Workshops may be taken singly or as a series.

#### **Workshop Schedule:**

Each class is \$35 per person. A light lunch will be served. Registration, along with payment, must be received one week prior to the Workshop you wish to attend. Workshop size is limited to six participants.

#### **When:**

##### **Monthly 2007 Workshops:**

September 6  
October 4  
November 1  
December 6  
10AM to 2 PM — \$35 per class

##### **Monthly 2008 Workshops:**

February 7  
March 6  
April 3  
May 1  
10AM to 2 PM — \$35 per class

#### **Where:**

3675 Ruffin Road, Ste 230, San Diego 92123

**Registration:** Complete and mail registration on the next page, or call SCRC at (858) 268-4432.

Please call Seraphina Galante or Marianna Randolph at SCRC for additional information.



## SCRC Offers Educational Opportunities for Caregivers

### 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, October 9 through November 13, 2007, 1 to 3:30 PM.

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

**Cost:** \$40 – cost includes *The Caregiver Helpbook*

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

### 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:** Wednesdays, October 10 through October 31, 2007, 12:30 to 3:00 PM

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

**Cost:** \$30

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



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 the Southern Caregiver Resource Center (SCRC) at 3675 Ruffin Road, Suite 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.

**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.

Clip and Mail to SCRC

✓ all that apply

- ☐ **BEYOND CAREGIVING** Monthly 2007/2008 Workshops, \$35 each class  
(Sep 6, Oct 4, Nov 1, Dec 6, 2007 / Feb 7, Mar 6, Apr 3, May 1, 2008) *circle dates that apply*
- ☐ **POWERFUL TOOLS**, \$40, begins October 9
- ☐ **CONTROLLING FRUSTRATION**, \$30, begins October 10

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

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

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

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

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

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

## Events and Information for Caregivers



### SCRC 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 Jenica Cohen-Richards, MSW.
- **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 Randolph, MSW.
- **CAREGIVER SUPPORT GROUP FOR MEN**, meets the 2nd Thursday of the month, 11 AM to 12:30 PM, at SCRC. 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, LCSW.
- **MULTIPLE SCLEROSIS CAREGIVER SUPPORT GROUP**, meets 3rd Thursday of the month at The Well Being, 4305 La Jolla Village Drive in University Towne Center, 6 to 7:30 PM. Facilitated by Seraphina Galante, MSW.
- **PARKINSON'S SUPPORT GROUP**, meets the 2nd Wednesday of the month at Sharp Cabrillo Senior Resource Center in Point Loma, 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.

### Other Classes/Events . . . . .

- **AGING: PLANNING AND COPING SKILLS**, a free conference for seniors and families, September 11, 2007, 8:30 AM to 2:15 PM at Santa Sophia Catholic Church, 9800 Juan St., Spring Valley, 91977. Sponsored by Sharp Hospice Care, East County's Action Network, Sharp Senior Resource Center, and SCRC. Continental breakfast and lunch will be provided. For more information, and reservations, call (800) 827-4277.
- **HELPING FAMILIES COPE WITH BRAIN INJURY**, September 15, 2007, 10:15 to 11:45 AM at Joyce Beers Community Center, Cleveland & Vermont St., San Diego, 92103. Sponsored by the San Diego Brain Injury Foundation. For more information and reservations, call (619) 294-6541.
- **HOME SWEET HOME: AGING IN PLACE**, presented by Veronika Glenn and Liliane Choney, September 19, 2007, 10:15 AM to 12:15 PM at OASIS at Macy's 3rd Floor, 1702 Camino Del Rio North, San Diego, 92108. For more information, call (619) 574-0674.
- **DEMENTIA, CREATING A POSITIVE ENVIRONMENT**, September 27, 2007, 6 to 8 PM at AmeriCare Adult Day Health Care Center, 340 Rancheros Dr., San Marcos, 92069. Sponsored by AmeriCare and SCRC. Two CEUs offered for Nursing and Behavioral Science professions. For more information and registration, please call (760) 682-2424.
- **CAREGIVER ISSUES WITH THE PATIENT/CAREGIVER RELATIONSHIP**, September 28, 2007, 10 to 11 AM at Fallbrook Healthcare Foundation "Pittenger House," 135 S. Mission, Fallbrook, 92028. For more information and registration, call (760) 723-7570.
- **STROKE: WHAT YOU NEED TO KNOW**, presented by Veronika Glenn, October 3, 2007, 6:30 to 8 PM at Benjamin Branch Library, 5188 Zion St., San Diego, 92120. Sponsored by OASIS. For more information, call (619) 574-0674.
- **AGING WITH GRACE**, October 15, 2007, 10:15 to 11:45 AM at OASIS at Macy's 3rd Floor, 1702 Camino Del Rio North, San Diego, 92108. For more information, call (619) 574-0674.
- **AGING: PLANNING AND COPING SKILLS**, a free conference for adults and families, October 26, 2007, 8:30 AM to 2:15 PM at Solana Beach Presbyterian Church, 120 Stevens Ave., Solana Beach, 92075. Sponsored by Sharp Hospice Care, Solana Beach Senior Center and SCRC. Continental breakfast and lunch will be provided. For more information, and reservations, call (800) 827-4277.
- **COPING WITH THE HOLIDAYS**, November 7, 2007, 1:15 to 2:45 PM at OASIS at Macy's 3rd Floor, 1702 Camino Del Rio North, San Diego, 92108. For more information, call (619) 574-0674.
- **STEER WITH YOUR PENCIL: REMINISCING AND JOURNALING**, presented by Veronika Glenn and Maggie Marshall, November 30, 2007, 1 to 3 PM at OASIS at Macy's 3rd Floor, 1702 Camino Del Rio North, San Diego, 92108. For more information, call (619) 574-0674.
- **ALZHEIMER'S AND OTHER DEMENTIAS**, December 14, 2007, 10 to 11 AM at Fallbrook Healthcare Foundation "Pittenger House," 135 S. Mission, Fallbrook, 92028. For more information and registration, call (760) 723-7570.

### Imperial County . . . . .

- **CAREGIVER CONNECTIONS: CARE PLANNING FOR OLDER ADULTS, HOME MODIFICATION, MEDICARE AND MEDICATIONS**, October 4, 2007, 10 AM to 2 PM at Cal Works Career Center, 2895 So. 4th St., El Centro 92243. Three CEUs will be offered to professionals. The seminar is no cost. Registration is required. Lunch will be provided. For more information and registration, call Norma Celaya at the El Centro SCRC office, (760) 352-2588.
- **CAREGIVER POTLUCK!** SCRC invites you to a Potluck on Tuesday, November 6, 2007, 11 AM to 2 PM at the SCRC office in El Centro. Please bring a dish to share with others. RSVP to Norma at (760) 352-2588.



## **The Deadly Triangle: Substance Abuse, Depression and Suicide Among Older Adults**

**Friday, September 21, 2007**

9 AM to 4 PM

Balboa Park

War Memorial Building

3325 Zoo Drive, San Diego, 92101

Sponsored by:

American Society on Aging

The program speaker is Patrick Arbore, EdD, Founder and Director of the Center for Elderly Suicide Prevention and Grief Related Services.

This program offers 6 CEUs for professionals.

Continental breakfast and lunch will be provided.

For additional information, please call SCRC at (858) 268-4432. Space is limited. Deadline is September 14 for registration.

## **Live Long and Prosper: Successful Living after 50**

**Saturday, September 22, 2007**

8 AM to 3:30 PM

At Sheraton San Diego Hotel in

Mission Valley

1433 Camino Del Rio So.

San Diego, 92108

Sponsored by AARP, KPBS, Revisions Resources, and SCRC, this full-day conference focuses on building and managing your financial, legal, health and lifestyle portfolios for retirement. Issues such as cash flow, health, estate planning, housing and community resources will be discussed.

Special guest speaker Emmet Pierce, who has covered housing and urban-growth issues for the San Diego Union-Tribune since 2000.

Six CEUs are offered to Nursing and Behavioral Science professionals.

Registration is \$25 per person and includes meals, parking, all materials.

Registration including CEUs is \$35.00.

Space is limited. Preregistration is required before September 17, 2007.

For additional information, please call (858) 549-9118.

## **A Space All Your Own:**

Using the Link2Care Online Journal to Capture your Caregiving Journey

Family caregivers deserve a safe place to share thoughts and ideas. A protected online journal may be just the right place for you to gain new insight and reveal possible solutions.

Start off the new year by joining Maggie Marshall in a new 3-part workshop by phone. Every class member will have free access to their own personal online Link2Care journal.

**Tuesdays**

**January 15, 22, & 29, 2008**

10:30 to 11:30 AM

All you need is a phone!

Registration:

- Register for Link2Care, the free online caregiver support program offered by SCRC. The journal used for the class is on the Link2Care website. Joining Link2Care is easy and will take just a few minutes to sign up. Go to: <http://link2care.net/link2care/> and register.
- Already a Link2Care member? Go directly to the Link2Care home page at [www.link2care.net](http://www.link2care.net). On the right-hand side, you will see the "Local Events" box. Scroll down and click on "See All Events." Events will be sorted by date. Scroll down to the "A Space All Your Own" class and select the link to register online.

If you have any difficulty registering, contact Family Caregiver Alliance for more information at (800) 445-8106, and ask for Michelle Alcedo.

*Sponsored by California's  
Caregiver Resource Centers.*



## **California Brain Injury Association (CALBIA) hosts Caregiver Conferences throughout the State.**

**Coming to San Diego on October 22, 2007**, the conference will be held at Mission Bay High School, Training Center, Room 186, 2475 Grand Ave., San Diego, CA 92109, from 9:30 AM to 4:30 PM.

Conference topics include:

- ... Advocacy: Taking Charge and Influencing Change
- ... Family Dynamics after Brain Injury
- ... Communications Issues: Tips and Tricks
- ... The ABCs of Behavioral Management

... Managing Medications with your Personal Physician

... Stress: How to Combat Caregiver Burnout

... Preparing for the Future: Medical and Financial Issues.

Morning and afternoon refreshments will be provided. Conference attendees will be responsible for their own lunch.

Registration cost is \$30 for CALBIA members; \$35 for non-CALBIA members.

Online registration is available at [www.calbia.org](http://www.calbia.org), or by phone at (661) 872-4903.



## UPCOMING TELECAREGIVING WORKSHOPS — REGISTER TODAY!

In celebration of National Caregivers Month, the California Caregiver Resource Centers will sponsor two **FREE** TeleCaregiving workshops with practical information for caregivers. There's no need to leave your home or office to attend! All you need is a telephone to participate! Join us for one or both workshops.

### ***I. Here But Not Here - Finding Hope When a Loved One has Memory Loss***

**Date: November 14, 2007**

**Time: 11:45 AM to 1:15 PM**

**Presented by:** Pauline Boss, Ph.D., Professor Emeritus, University of Minnesota, therapist in private practice, and author.

When caring for someone with progressive brain impairment such as Alzheimer's disease, stroke, Parkinson's disease or Traumatic Brain Injury, families experience an extended period of time watching their relative or friend lose their memory and their capacity to care for themselves. Naturally, families feel a loss of the person for who they used to be.

- Understand how this loss differs from ordinary loss
- Learn the six guidelines for finding resiliency and discovering hope despite the stress and uncertainty in your loss.

### ***II. Answers to Safe and Cost-Effective Medication***

**Date: November 28, 2007**

**Time: 11:45 AM to 1:15 PM**

**Presented by:** Richard "Ron" Finley, B.S. Pharm., R.Ph. Lecturer Department of Clinical Pharmacy, UCSF School of Pharmacy

The changes that occur with aging and disability make people more likely to suffer *medication-related problems*. Nevertheless, research has shown that these problems are often preventable. Caregivers can play a key role in managing cost effective drug therapy that is safe and effective.

- List four "basics" for the safe use of medications.
- Name five symptoms or effects that may be associated with a medication related problem or "side effect".
- Cite four ways a pharmacist can help reduce or minimize adverse drug reactions/events and questions to ask your pharmacist.
- Describe three "sure fire" ways to save money on your drug bill!

*Sponsored by The California Caregiver Resource Centers (CRCs).  
Funding provided by the California Department of Mental Health.*

**To register:** Call (800) 445-8106, extension 450, or register on-line at [www.californiacrc.org](http://www.californiacrc.org). You'll find TeleCaregiving registration on the home page. Once you are registered, we will provide you with (one week before the workshop): 1) the toll-free dial-in number for the conference call; and 2) workshop training materials.

## Increasing Positive Health Outcomes for Caregivers

A large and growing body of evidence reveals that providing care for a chronically sick person can have harmful physical, mental, and emotional consequences for the caregiver. As families struggle to care for others, their own health is put in danger. As a result, caregiver health is quickly becoming a public health issue that requires more focused attention from health professionals, policy makers and caregivers themselves to ensure the health and safety of those individuals dedicating their lives to the care of others.

Increasing appropriate mental health services and medical care for family caregivers are important steps toward addressing caregiver health. Although caregiving can have a negative impact on caregivers' health and well-being, research demonstrates its effects can be alleviated at least partially by:

- *An assessment of family caregiver needs that leads to a care plan with support services;*
- *Caregiver education and support programs;*
- *Respite to reduce caregiver burden;*
- *Financial support to alleviate the economic stress of caregiving; and*
- *Primary care interventions that address caregiver needs.*

Improved recognition and treatment of physical and psychological symptoms among caregivers is a growing health concern and should be considered a public health priority. Keeping family caregivers healthy and able to provide care is key to maintaining our nation's long-term care system and, with the aging of the population, this issue will only grow more important in the coming decades.

*Prepared by Family Caregiver Alliance in cooperation with the California Caregiver Resource Centers (CRCs).*



## NEWS FROM SAN DIEGO OFFICE



### **SCRC Welcomes New Staff Members!**

We welcome **Loving Layug** to our staff. Loving joined SCRC in May to fill the position of Administrative Assistant I. In addition

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

Loving is also currently attending San Diego Miramar/Mesa Colleges to pursue an education in either teaching or social work (she says "thanks to SCRC, I'm considering social work"). She wishes to transfer to San Diego State University after completing courses at Miramar/Mesa Colleges. She loves spending time with her 8-month old baby girl, Riley. Welcome Loving!

**Jenica Cohen-Richards** joined SCRC in July as a Family Consultant. Jenica graduated this past May from San Diego State University with her Master of Social Work degree. Prior to joining the SCRC staff, she worked on-call for New Vistas Crisis Center working with the adult mentally ill population. She also has experience working with children and families, while working for Social Advocates for Youth, for four years, in the "6 to 6" Program, and had the opportunity to intern as a school social worker last year at the Lakeside Union School District. In her free time she enjoys playing soccer and spending time with her family and friends. Welcome Jenica!



### THE VALLEY CORNER

#### **NEWS FROM IMPERIAL COUNTY**

**Join us for a seminar:  
CAREGIVER CONNECTIONS: CARE  
PLANNING FOR OLDER ADULTS, HOME  
MODIFICATION, MEDICARE AND  
MEDICATIONS**

**October 4, 2007, 10 AM to 2 PM  
at Cal Works Career Center  
2895 So. 4th St., El Centro 92243**

Three CEUs will be offered to Nursing and Behavioral Science professionals. The seminar is no cost. Registration is required. Lunch will be provided. For more information and registration, call Norma Celaya at the El Centro SCRC office, (760) 352-2588.

**Southern Caregiver Resource Center  
El Centro Office**

**invites you to a  
Caregiver Potluck**

**Tuesday, November 6, 2007  
11 AM to 2 PM**

**Bring a dish to share  
with others!**



**RSVP to Norma at (760) 352-2588**

### **Director's Message** *by Lorie Van Tilburg*

In July of this year, Dr. Lynda Davis, Deputy Assistant Secretary of the Navy, invited me to participate in a Case Management Summit on the Care for the Wounded, Ill and Injured and their Families, at the Pentagon. This Summit, cosponsored by the Departments of Defense and Veterans Affairs, provided a forum for service members and their families to join with case/care providers from federal, state, and local governments, as well as representatives from the private sector, to discuss the current and future state of care management and service delivery across the phases of recovery, rehabilitation and reintegration into the community.

For two days, families and veterans shared their stories of what they are going through as they try to reclaim their lives after suffering the most devastating injuries in the Iraq and Afghanistan wars. Most of the veterans had a traumatic brain injury coupled with post traumatic stress disorder. It was evident by their

compelling presentations, the complex knot of physical, mental, emotional and financial problems they endure as they navigate the service delivery system in an effort to obtain the help and support they desperately need.

Throughout the Summit, leaders from the Departments of Defense and Veterans Affairs questioned the vets and their families about improvements that need to occur. Based on the information, they are now tasked with crafting recommendations for improvements in policy and practices, as well as long term reform in legislation and operations to ensure our wounded warriors and their families get the care they need and deserve.

I'm glad I had this opportunity to learn from the vets and their families as SCRC moves forward to provide support to caregivers of veterans living in San Diego and Imperial counties.



## When I wonder why I take care of Mamma Mia...

by *Marty Bandini, Caregiver*

In the morning when I wake up,  
she wakes up too.

I go to the bathroom and so does  
she, with me too.

I brush my teeth and I brush hers  
too.

I wash my hands and face and I  
remind her how to do the same.

I dress myself and I dress her too.

I brush my hair and I brush her  
long blonde hair too and pile it on  
top of her crown.

I put cream on my face and then  
on hers.

I look in the mirror and I see her.  
She looks in the mirror and sees no  
one.

"How did you sleep?" I ask her.

"Fine," she replies.

"How are you today?" I ask.

"Fine," she says.

We leave the bathroom and head  
for the long corridor where she  
walks with her walker up and  
down three or four times. I walk  
behind her hoping to prevent her  
fall like I used to when my chil-  
dren were learning to walk. I  
guide her to the table where she  
sits and stares in a gaze out the bay  
window looking out at the palm  
tree and the multitude of colorful  
flowers.

I prepare the cereal bowls in the  
kitchen and bring them to the ta-  
ble. I eat my cereal and help her  
eat hers. I pour her coffee and  
then I pour mine. I sip my coffee  
and she sips hers. There is silence.

I move her to her to the sofa and  
give her yarn and a needle. She  
crochets in silence. No one comes  
to visit. We know no one here. A  
few acquaintances used to come by  
and ask me to go out, but they  
have given up because I am no  
longer any "fun."

The day could go by in deafening  
silence, but when I turn on the mu-  
sic and Pavarotti begins to sing "O  
Sole Mio," Mamma Mia also sings  
along and she seems to come back  
to life for a while!

I sit next to her on the sofa and do  
my Sudoku. I look over at her and  
she sometimes smiles. The dis-  
turbance returns, and then I  
remember what someone wise  
once told me, "Everyone has  
something to give until the very  
end, even when it doesn't seem  
so," and there is peace in the si-  
lence for I am doing the right  
thing.



## Book Review

by  
*Adrienne Burnette, Ph.D.*  
*MFT, Family Consultant*



*Wisdom is like  
the technicolor Kansas  
that Dorothy returned to  
when it was black and white  
when she left.*

Recently, Family Consultants at  
SCRC were encouraged to read a  
new book that was being circulated  
around our offices. Although the  
book is written for therapists, it reads  
as though the author indirectly  
wants caregivers to hear what she  
has to say. And sometimes it helps  
to read what a therapist might tell  
someone during the most difficult  
times.

For instance, the author  
understands that when our ordinary

dependable way of life changes to  
extraordinary, bizarre and profound,  
the stress seems unending. She  
says that stress is caused from  
never knowing for sure if a loved  
one is here or absent. She says  
that stress is caused when a  
situation or a problem has no  
answer and, thus, no resolution;  
therefore, a caregiver remains  
confused and feels stuck. She says  
that with on-going excessive stress,  
caregivers become brittle. They  
cannot bend or flex. And, with no  
tolerance to the changes and with  
no resilience to stress, a caregiver  
just breaks.

The author's theory offers that  
getting comfortable with the  
situational changes allows a  
caregiver to become more resilient  
to stress and to become more  
flexible. Now the reader may ask,  
"but how do I stay comfortable with  
life changes?" One suggestion is to  
connect with other people. She  
states that it is okay to laugh at the

absurdity. She states that it helps to  
let go of insisting on closure or on  
an end point to the stress.

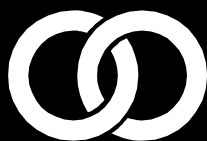
The author offers therapeutic  
questions such as "What did you  
lose?" and "What do you still have?"  
One therapeutic resolution gathered  
from your answer is to say hello to  
the abilities your loved one has  
today and to celebrate those since  
we don't know what we will be  
saying good-bye to tomorrow.

This book was so informative that I  
plan to discuss it in counseling  
sessions. I plan to talk about it in  
my support group. I plan to mention  
it to the caregivers who are having a  
tough time with the many losses  
along their journey.

This well written book is entitled  
Loss, Trauma, and Resilience:  
Therapeutic Work with Ambiguous  
Loss by Pauline Boss.



## 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:

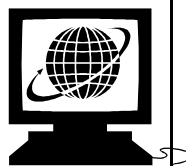
- Special invitations to all SCRC events.
- Two complimentary tickets to SCRC's annual Bastille Day Celebration event, featuring a silent auction and wine tasting.
- Your name engraved on the Circle of Giving plaque prominently displayed in the SCRC office.
- Mailings on caregiving topics that are personally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

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



## LINK2CARE

*An innovative  
Internet program  
for Caregivers*



*"He that can have patience can have what he will."* Benjamin Franklin

Words to live by, like the ones above, are posted daily on the Link2Care Website, as well as numerous articles on Caregiver challenges and the latest research developments on many brain-impairing diseases. Link2Care is an Internet site offering information on every facet of caregiving for dementia. You will find help with care planning and decision making, timely articles, and a community of caring friends. You can even consult an expert, one-on-one, for medical, legal and caregiving advice. There is also an ongoing discussion group which can be sent to your email daily — a kind of Internet support group via email. It's at no cost, available at your convenience, any time of the day or night. The Link2Care site is easy to navigate, even for a relatively novice computer user, and is also a secure, password-protected site, for your privacy and confidentiality.

Currently the Southern Caregiver Resource Center has a total of 396 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. For additional information, please contact the Southern Caregiver Resource Center.



**LINK2CARE**

Always there when you need it

[www.link2care.net](http://www.link2care.net)

## AGING AND DISABILITY RESOURCE CONNECTION: FAST, FRIENDLY, EASY, ACCESS TO INFO AND ASSISTANCE

The County of San Diego Aging & Independence Services (AIS) is offering a new connection to resources for aging and disability services, now available to all San Diego residents looking for information for themselves or a loved one, on a professional or personal basis. The Aging and Disability Resource Connection (or ADRC) is a one-stop shop for services, health literature, assistive products, Medicare Part D updates, relevant legislation, fall prevention techniques, home and community-based care planning, and a protected site to store your own health-related information.

For those who use the web, log onto:

**[www.sandiego.networkofcare.org/aging](http://www.sandiego.networkofcare.org/aging)**.

If you do not use the web or cannot find what you are looking for on the site, call the AIS Call Center at **1-800-510-2020** or Access to Independence, the local Independent Living Center, at **1-800-300-4326** (TTY 1-800-959-9395).

The ADRC is part of a larger national initiative sponsored by the Administration on Aging and Centers for Medicare and Medicaid Services to improve access to information about resources to help support elderly and disabled persons in the community and prevent unnecessary hospital and nursing home stays. Log on today and find what you need!

For ADRC brochures, call Cindy Vogel at 858-514-4652.





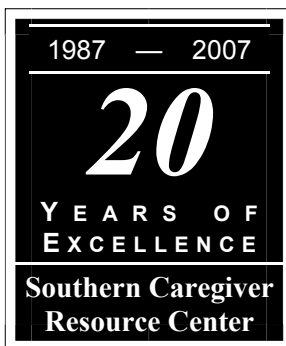
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Part of a statewide system of Caregiver Resource Centers

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# Wavelengths

Volume 40, Fall 2007



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.

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone (work) \_\_\_\_\_ (home) \_\_\_\_\_

I am making this gift in ☐ memory of ☐ honor of:

Name \_\_\_\_\_

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Please make check payable to SCRC and send to:  
3675 Ruffin Road., Suite 230, San Diego CA 92123.  
SCRC would like to acknowledge your donation in our newsletter.  
Please check box if you wish to remain anonymous. ☐

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