



WAVELENGTHS

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NATIONAL FAMILY CAREGIVER MONTH

By Roberto Velasquez, Executive Director

The Holiday Season is upon us. A time of celebration, family, friends, goodwill and reflection. So, it is very fitting that we kicked off the Holiday Season this November with National Family Caregivers Month, an entire month dedicated to celebrating the contribution of those volunteers, friends and family members who support a loved one with their health or managing a disability.

We at Southern Caregiver Resource Center (SCRC), are so thankful for the contributions of the more than 44 million family caregivers in the United States.

In San Diego County, there are over 407,000 family caregivers providing care and support to an adult living with a chronic and disabling condition such as Alzheimer's disease, Parkinson's disease, stroke and traumatic brain injury.

Without professional coaching, counseling and training, most family caregivers (up to 60%) will suffer from clinical depression and other health care problems associated with caregiving responsibilities. Over time, many will also suffer from extreme financial hardships as well- spending thousands of out-of-pocket dollars on caregiver expenses.

Despite the impact, most individuals take on the role of family caregiver with honor and pride and with little to no help, even as the responsibilities become more challenging especially when caring for a loved one living with Alzheimer's disease or a related disorder.

"Southern Caregiver Resource Center, thank you so much for helping me take care of my sweetheart and best friend."

Antonea - Family Caregiver

So, during this Holiday Season, in honor of family caregivers, take time to say thank you and give them the gift of help. Make it a point to ask how they are doing, truly listen and offer to help in specific ways. Some suggestions are; doing the laundry once a week, taking care of the yard work, buying groceries, offering a prepared meal and providing a much-needed break from caregiving for a few hours or the weekend. Regular phone calls to find out how their day went while providing emotional support and connecting them to professional help like SCRC's programs can do wonders for an overworked caregiver.

SCRC's programs are free due your generous contributions throughout the year. To make a tax-deductible gift in honor or memory of your family caregiver, please visit our website at www.scrccare.org and clicking on the DONATE button or make a check payable to 'SCRC' and send it to 3675 Ruffin Road, Suite 230, San Diego, CA 92123.

Your support is vital to SCRC being able to care for those who care for others. Happy Holidays and Happy National Family Caregivers Month!

WHAT'S INSIDE?

ANNUAL DIRECT
APPEAL

CAREGIVER
SPOTLIGHT ANTONEA

SPANISH CAREGIVER
WORKSHOP

NEW PODCASTS &
LIVE STREAMS



Roberto Velasquez - Executive Director
Southern Caregiver Resource Center



**Roberto Velasquez - Executive Director
Southern Caregiver Resource Center**

Your donations are extremely important as they go directly to help families in our communities. Help SCRC bring in the new year with a bang! No amount is too small. Here are some examples of how your donation helps:

- \$50 provides a family with specialized information & assistance
- \$100 provides a family with training on illnesses, behavior management and self-care
- \$250 provides a family with 10 hours of in-home respite (temporary relief from caregiving)
- \$600 provides a family with our six-session therapeutic counseling program
- \$1,000 provides a family with a comprehensive assessment, individualized care plan and consultation.

- ROBERTO VELASQUEZ, EXECUTIVE DIRECTOR



Maximize the Value of Your Gift

Southern Caregiver Resource Center has teamed up with Cars2Charities! Anyone interested in donating their old car or boat can contact Cars2Charities and they will pick it up at no cost to you. When your vehicle or boat is sold, the proceeds from the sale will benefit SCRC. They make the process as convenient as possible for the donors.

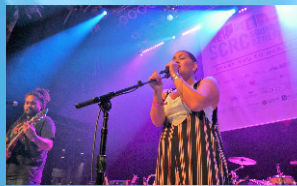
To learn more about Cars2Charities and to donate your vehicle or boat to SCRC, visit the Cars2Charities website or call them at (858) 520-2100



SCRC SOUNDS OF SUMMER BENEFIT CONCERT



In an evening full of music, community and hope - Southern Caregiver Resource Center hosted the first ever Sounds of Summer benefit concert on Aug 25th, 2018 at the House of Blues San Diego. The benefit concert brought together caregivers and caregiving supporters in an effort to raise awareness about the vital role family caregivers play right here in San Diego County. It was exciting to see different groups of people come together in response to an issue that closely affects us all regardless of age, gender, race or politics. Through music we united the community with the help of our amazing performers Los Ingrat0z, Tolan Shaw, Lea Love and HIRIE.



We are very pleased with how wide of a reach this benefit concert provided us as we tapped into new demographics that are now more involved in caregiving roles - Millennial's and Generation Xers. Spreading the message that Millennial's represent a quarter of family caregivers and that the "Sandwich Generation" is the fastest growing sector of caregivers was our main goal, and through this concert, SCRC was able to begin the conversation as we move to make this benefit concert our annual marquee event. Thank you all for your continuous support, allowing us to "care for those who care for others" for all generations to come.

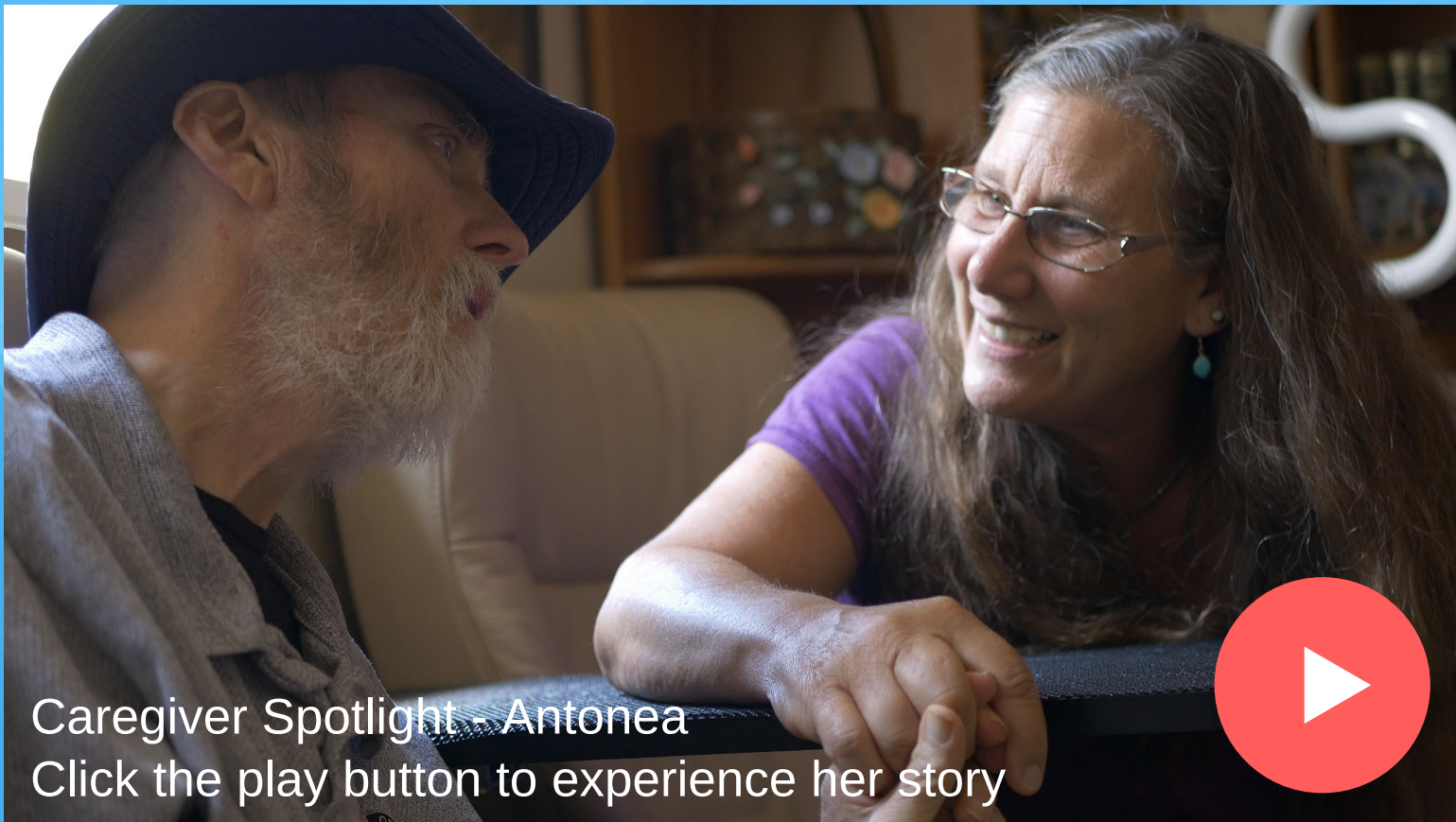
Caring for the Caregiver-Spanish Workshop

By Martha Rañón - Director of Government & Community Affairs

On September 12, 2018 Southern Caregiver Resource Center held a Spanish Caring for the Caregiver workshop in partnership with CA State Senator Ben Hueso. Over 100 people attended this free community event at the Logan Heights Library including community partners, non-profit organizations, health care agencies and local businesses. "It is always a pleasure to be able to collaborate with local elected officials and we always appreciate the continued support of our community partners who were present," said Roberto Velasquez, Executive Director of Southern Caregiver Resource Center. The topics of discussion included understanding dementia and how diabetes can be a contributing factor especially in the Latino community. Experts in the field discussed symptoms and behavior management strategies as well as introduced self-care strategies to family caregivers. Senator Hueso shared with the group how he has been a caregiver to his mother and how great it is to have events like this in his district. He even performed a few piano medleys to the amusement of the crowd. "This was a great event and truly a testament to the great work SCRC does in the Latino community," said Cecilia Guzmán, Health Window Coordinator, Mexican Consulate in San Diego.

We invite you to stay tuned for future caregiver-focused community events. In the meantime, enjoy the pictures!





Caregiver Spotlight - Antonea
Click the play button to experience her story

Caregiver Support Group – Kearny Mesa
When: 2nd and 4th Thursday of every month
Time: 5:30 p.m. to 7:00 p.m.
Location: Jewish Family Service
Community Services Building
8788 Balboa Avenue
Room 229 San Diego, 92123
Facilitator: Elizabeth Parks, MSW
Family Consultant

Caregiver Support Group - Clairemont
When: 2nd and 4th Wednesday of every month
Time: 1:30 p.m. to 3:00 p.m.
Location: Clairemont Lutheran Church Room 1
4271 Clairemont Mesa Blvd. San Diego, 92117
Facilitator: Russell Zygmunt, MSW
Family Consultant

Caregiver Support Group – La Mesa
When: 1st and 3rd Tuesday of every month
Time: 1:30 p.m. to 3:00 p.m.
Location: San Diego Oasis Grossmont Shopping Center
5500 Grossmont Center Drive, Suite 269 La Mesa, 91942
Facilitator: Tanya Solis, AMFT
Care Manager

Caregiver Support Group – Cardiff by the Sea
When: 2nd and 4th Monday of every month
Time: 1:30 p.m. to 3:00 p.m.
Location: Belmont Village Senior Living
Cardiff By The Sea The Club Room – Floor L2 3535
Manchester Avenue Cardiff By The Sea, 92007
Facilitator: Morgan Baker, MSW
Family Consultant

Caregiver Support Group – Rancho Bernardo
When: 1st and 3rd Thursday of every month
Time: 5:30 p.m. to 7:00 p.m.
Location: The Remington Club I Game Room
1st Floor 16925 Hierba Drive San Diego, 92128
Facilitator: Dayna McAllister, MSW
Family Consultant

Please visit <https://caregivercenter.org/support-groups>
for our full list of groups including Spanish groups.

**FREE SUPPORT GROUPS
FOR FAMILY CAREGIVERS**



UPCOMING EDUCATION SERIES 2018-19

Southern Caregiver Resource Center (SCRC) offers a wide variety of free educational classes throughout the year for both family caregivers and professionals. These classes are conducted by SCRC's expert trainers.

For more information about upcoming classes, please visit our website at www.scrcc.care

December 12th, 2018

Successful Bathtime

Visit <http://bit.ly/SuccessfulBathtime> to register

January 16th, 2019

Sorting Through the Healthcare & Legal Documents

Visit <http://bit.ly/CareDocs> to register

February 13th, 2019

Spirituality and Caregiving

Visit <http://bit.ly/SpiritCaregiving> to register

March 13th, 2019

Managing Caregiver Stress

Visit <http://bit.ly/LearnStress> to register

April 10th, 2019

Caring for Our Parents: When and How to Help

Visit <http://bit.ly/CareforParents> to register

Classes take place from 10am - 11am at SCRC located at
3675 Ruffin Road Ste. 230 San Diego CA 92123

RSVP available at 1-800-827-1008 or online at www.scrcc.care

LET'S TALK CAREGIVING PODCAST & MONTHLY FACEBOOK LIVE STREAMS

Do you have a long commute, spend time on long walks or just enjoy listening to podcasts? SCRC has been producing the "Let's Talk Caregiving" Podcast for a year now and have covered a wide array of topics that are relevant to not just caregivers but for all people in all walks of life. Join Martha & Roberto each month as they discuss caregiving, interview notables and share stories that are sure to impact you and your loved ones. Subscribe now at - scrcc.podomatic.com/



View previous workshop live streams

Did you know that you can be a part of our monthly Facebook Live Streams? Each month our education series of classes are streamed live just for you! No matter where you are you can now join in on the crucial information available to all caregivers and even chime in with your own questions and comments. Click the link to experience our previous live streams.



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BRAIN EXERCISE

- by Martha Rañón

From the book "Keep Your Brain Stronger for Longer"

There are 10 six-letter words that have been broken into segments of three letters. These groupings have been mixed up, none have been used twice and all are used. Can you determine what the 10 words are?

cha orc cac ace
tus att sec anc
sce hid rge tic
ach hor pal lau
kle nch ret nic