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.

“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.scrc.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!”

Antonea - Family Caregiver
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.

Maximize the Value of Your Gift

- $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.

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
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!
<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Time</th>
<th>Facilitator</th>
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<tbody>
<tr>
<td>Kearny Mesa</td>
<td>Jewish Family Service Community Services Building 8788 Balboa Avenue Room 229 San Diego, 92123</td>
<td>5:30 p.m. to 7:00 p.m.</td>
<td>Elizabeth Parks, MSW</td>
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<td>Clairemont</td>
<td>Clairemont Lutheran Church Room 1 4271 Clairemont Mesa Blvd. San Diego, 92117</td>
<td>1:30 p.m. to 3:00 p.m.</td>
<td>Russell Zygmunt, MSW</td>
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<tr>
<td>La Mesa</td>
<td>San Diego Oasis Grossmont Shopping Center 5500 Grossmont Center Drive, Suite 269 La Mesa, 91942</td>
<td>1:30 p.m. to 3:00 p.m.</td>
<td>Tanya Solis, AMFT</td>
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<tr>
<td>Cardiff by the Sea</td>
<td>Belmont Village Senior Living Cardiff By The Sea The Club Room – Floor L2 3535 Manchester Avenue Cardiff By The Sea, 92007</td>
<td>1:30 p.m. to 3:00 p.m.</td>
<td>Morgan Baker, MSW</td>
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<tr>
<td>Rancho Bernardo</td>
<td>The Remington Club I Game Room 1st Floor 16925 Hierba Drive San Diego, 92128</td>
<td>5:30 p.m. to 7:00 p.m.</td>
<td>Dayna McAllister, MSW</td>
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Please visit https://caregivercenter.org/support-groups for our full list of groups including Spanish groups.
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.scrc.care

**December 12th, 2018**
Successful Bathtime

**January 16th, 2019**
Sorting Through the Healthcare & Legal Documents
Visit http://bit.ly/CareDocs to register

**February 13th, 2019**
Spirituality and Caregiving

**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

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.scrc.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 - scrc.podomatic.com/

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.
Thank you to our Year Round Corporate Partners

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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