LETTER FROM EXECUTIVE DIRECTOR

ROBERTO VELASQUEZ

2017 marked the 30th Anniversary of Southern Caregiver Resource Center (SCRC). Founded in 1987 as a 501c3, the agency has been the constant support system for family caregivers, changing and adapting to meet the growing needs of our County while staying true to our mission to help families and communities master the challenges of caring for adults with chronic and disabling conditions.

A lot has changed since 1987. The oldest of the 76 million baby boomers (individuals born between 1946 and 1964) were 41 years old and the youngest were only 23 years old. Now the oldest are 71 and the youngest 53 years old. In San Diego County, there were an estimated 259,000 family caregivers providing care to loved ones with chronic and disabling conditions compared to over 407,000 today.

SCRC has also changed, growing from a staff of three serving 150 family caregivers annually in 1987 to a staff of thirty-four serving over 80,000 family caregivers annually today. I joined the SCRC team in 2009 just before the real estate crash, and worked closely with our executive team to make sure we could continue to provide the vital caregiver support services families need despite the funding cuts. Well, we were successful. Instead of shrinking, we continued to grow during this period of economic uncertainty. Fast forward to January 2017, Lorie Van Tilburg, SCRC’s Executive Director, stepped down after 30 years of service at SCRC, and I was appointed the new Executive Director.

I am so honored to be in this leadership role, and I have worked diligently to put together the finest, expert professional staff available to help families. SCRC has become the leading contractor for the County of San Diego, Health & Human Services Agency through the Caregivers of Alzheimer’s Disease and Other Dementia Clients Support Services, the Family Caregiver Support Program and the Family Caregiver Support Program for Older Adults with Alzheimer’s Disease and Related Disorders. I am especially proud that we make it a priority to outreach and identify some of the County’s most vulnerable, and economically disadvantaged families.

So, what’s next? While the needs for family caregivers remain constant, the demographics of family caregivers has changed and continues to change. Baby boomers are now moving into the care receiver role and generation Xers and millennials are moving into the caregiver roles. Did you know that 14 of caregivers are now millennials and 14 are now generation Xers, and the average caregiver is female, 49 years old, employed outside the home while caring for young children and an older adult – “sandwich generation.”

To better connect with these groups, SCRC is launching a social media community education campaign. The campaign includes this new quarterly e-newsletter (which is also available in Spanish), weekly bilingual 1-minute caregiver tip videos (called “Caregiver Corner”), a monthly caregiver podcast to stimulate discussion around caregiver issues, live streaming of some of SCRC’s educational programs and launch and learns to help working caregivers bring balance to their lives. The campaign is central to helping us reach a changing caregiver population. By 2020 (in only 3 more years), our County’s older adult population (age 65 or better) will increase by 33%. SCRC wants to make sure our families and communities have the tools they need to master the challenges of caring for adults with chronic and disabling conditions.

But SCRC cannot do this without your support. Your donations help SCRC care for those who care for others without adding to their financial strains as caregivers. Thank you in advance for your continued support and generosity. Here’s to another 30 years! ---- Roberto
THE LEGACY CIRCLE
- Roberto Velasquez

Leaving a lasting legacy in memory of a loved one or special friend is the greatest gift many families can give. These gifts not only help strengthen your charitable organization of choice by ensuring that many other families benefit from the services for years to come, but they also often come with significant tax and financial rewards to the donor.

Reasons people give through estate plans include:
- Want to support the charity
- Like how non-profit will use their gift
- Reduce their taxes
- Lasting memorial for someone
- Feels good

But the number one reason why people give is simply because they were asked! According to experts, thirty-three percent of individuals are willing to consider a gift through an estate plan when presented with the opportunity.

At Southern Caregiver Resource Center (SCRC), these special friends are recognized as members of The Legacy Circle. These very important friends have chosen to leave a lasting legacy in the form of a bequest or a lifetime gift that will strengthen SCRC 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. To learn more about The Legacy Circle or about the various estate planning options and how it will benefit you personally, please contact Roberto Velasquez, Executive Director at velasquez@caregivercenter.org.

We hope that you will consider joining this special group of friends.

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
On Saturday, November 11, 2017, SCRC hosted a 30th Anniversary Party at the Underground Elephant in Downtown San Diego to celebrate 30 years of dedication and service to family caregivers. The day selected for this celebration was special as it was Veterans Day, and the month of November is also National Caregiver Month, a time to recognize and honor family caregivers across the country. Roberto Velasquez, SCRC’s Executive Director, thanked all the agency’s Year-Round Corporate Partners, sponsors and individual donors that helped SCRC provide free caregivers support services throughout the year. Roberto recapped on the impact of SCRC in the lives of thousands of family caregivers. Family members, friends, and neighbors who devote countless hours to providing care to their relatives or loved ones. The humble heroes who do so much to keep families and communities strong.

Roberto also announced that SCRC was awarded the new contract for the Family Caregiver Support Program and the Family Caregiver Support Program for Older Adults with Alzheimer’s Disease and Related Disorders. These two programs, along with SCRC’s Caregivers of Alzheimer’s Disease and Other Dementia Clients Support Services makes SCRC the leading caregiver support contractor for the County of San Diego Health & Human Services Agency.

The evening was capped off with an amazing special concert from Country Pop-Artist, Sandra Lynn.
UPCOMING EDUCATION SERIES - 2018

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 trainer, Martha Rañón, Director of Government & Community Affairs. For more information about upcoming classes, please visit our website at www.scrc.care

January 10th
The Long Distance Caregiver

February 14th
Managing the emotional aspects of Caregiving

March 14th
The Aging Process: What is Normal, What is Not

April 11th
Making the most of you doctor’s visit

May 9th
Holding a family meeting

June 13th
Understanding Alzheimer’s & Dementia

all classes take place from 10am - 11am at SCRC main office located at 3675 Ruffin Road Ste. 230 San Diego CA 92123
RSVP available at 1-800-827-1008 or online at scrc.care

NEW WEEKLY CAREGIVING CORNER SERIES & MONTHLY PODCAST

Like our Facebook Page and Subscribe to our YouTube Channel to make sure you are part of our newest video series - “Caregiving Corner”. Each & every week a new video highlighting quick and simple tips is added for a comprehensive caregivers guide addressing many of the most common questions, issues and concerns our community faces every day.

Are you a fan of Podcasts? You’re in luck with our new monthly SCRC Podcast revolving around real caregiver stories from our staff, partners and many more throughout the caregiving community. Candid and raw - these discussions bring you behind the scenes and give you an in-depth look at what it really takes to be a family caregiver in today’s world.
Caregiver Spotlight - "Susie S."

Click above to hear from one of our clients about her personal journey to finding SCRC

Direct Appeal - Roberto Velasquez

SCRC's Executive Director asks for your pledge to ensure the future of the free family caregiver services we offer
Thank you to our Year Round Corporate Partners

From Dr. Vojakowski’s book “Keep Your Brain Stronger for Longer” an exercise that you will find fun and challenging enough to give you a mental workout!

BRAIN EXERCISE

FILL IN THE CORRECT LETTERS TO MAKE A WORD THAT MATCHES THE DEFINITION

1. _rat_  a wooden box
2. _estor_  to renovate
3. _res_  a printing machine
4. _ton_  to make amends
5. _ddres_  a house location
6. _ee_  a fruit rind
7. _nti_  to loosen laces
8. _ot_  a musical tone
9. _em_  a floor model
10. _hee_  transparent
11. _va_  egg-shaped
12. _ria_  a courtroom event