Southern Caregiver Resource Center
Caring for those who care for others

Wavelengths

Volume 62, Summer 2017

SCRC is Here to Help YOU

- Roberto Velasquez, Executive Director

If you look up the term "caregiving" you will find endless references, articles, agencies and websites with a multitude of data that gives the reader a visual (or profile) of caregivers in America. The reason is that more than 40 million individuals across the United States are now providing care for an aging parent, spouse, sibling, other relative or friend with a chronic and/or disabling condition. And though the caregiver profiles you find may appear to be similar, each experience caregivers face is unique and requires a specialized approach.

In order to provide meaningful services, it is crucial that we understand one size does not fit all. Every caregiver, situation and even readiness to access or engage in support services, varies from caregiver to caregiver.

Do you remember the old Miller's Outpost commercial (now I'm really dating myself), "we provide only one size of jeans, YOURS." At SCRC, that is what we do. No, not sell jeans, we develop person- and/or family-centered care plans or "Caregiver Action Plans." The assessment used by SCRC's masters level Family Consultants is the key to identifying caregiver needs in order to develop the individualized care plan. These care plans are customized and developed in collaboration with the family caregiver. They help prioritize needs and determine what services should be arranged, and no plan is ever the same.

This is why I am so proud to work at an agency like SCRC who can offer you a menu of caregiver focused programming to support YOUR needs. Some of these include:

- Respite services (in or out of the home)
- Support groups
- Assessments
- Short and long term care planning
- Space of Beauty journaling program
- Legal and financial services
- Evidence-based programs such as REACH (Resources for Enhancing Alzheimer's Caregiver Health)
- Six-Session Counseling program
- Operation Family Caregiver (OFC) for military and veteran family caregivers

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Wavelengths is brought to you by the County of San Diego/Aging & Independence Services (AIS), Family Caregiver Support Program.

SCRC is Here to Help YOU, *Continued*

- Roberto Velasquez, Executive Director

SCRC's menu is extended even further by collaborating with many community agencies that help connect families to ancillary services as part of the care plan such as:

- Adult day care
- Home delivered meals
- Mobile physicians
- Mental health services
- Legal services
- In-home care
- Residential care facilities for the elderly
- Home medication programs

SCRC's educational programs are designed to teach family caregivers the necessary skills to optimize their caregiver role and reduce the negative effects associated with caregiving, while improving awareness of available services. These free programs discuss a variety of topics and are offered in both Spanish and English. See page 11 for a list of upcoming educational programs.

Over the past 30 years, SCRC has work hard to remain the leading provider of free comprehensive caregiver support services in San Diego County. Our goal is to make your experience be the most meaningful it can be for YOUR caregiver journey. Please don't hesitate to contact us. We are here for you!

Sincerely,

Roberto

P.S. In an effort to go green, as well as keep pace with the digital age, SCRC will soon implement an e-Newsletter format. Please make sure you complete the e-Newsletter tear-out form and send it back to us (or email us) to make sure you get on the list. Thank you.

Brain Exercise

- Martha Rañón, Director of Education & Outreach

The purpose of brain exercises is to dig deep and work different cognitive regions. Doing crossword puzzles is fine, but adding exercises that focus on memory recall, language, processing speed, reasoning, visual-spatial, calculation, and sequencing can give your brain a good workout. Give this next one a try and put your memory skills to the test!

What is the Location? *Determine the location of each based on the given clues.*

1. The Florida Air Force base where shuttles are launched _____

2. The highest mountain peak on earth _____

3. Disneyland is located in this city _____

4. The birthplace of cheesesteak _____

5. The home of Mardi Gras _____

6. The Alamo is located here _____

7. The first U.S. National Park _____

8. The largest lake in the United States _____

9. The starting point of Route 66 _____

10. Mount Rushmore is carved in the hill of this state _____

11. Alcatraz prison sits on an island here _____

12. The USS Arizona Memorial is located here in Hawaii _____

13. The Hoover Dam is in this state _____

14. The Ellis Island Immigration Museum is located here _____

15. This venue in Nashville is known as "the home of American music" and "county music's largest stage" _____

ANSWERS: 1. Cape Canaveral, 2. Mount Everest, 3. Anaheim, CA, 4. Philadelphia, PA, 5. New Orleans, 6. San Antonio, TX, 7. Yellowstone, 8. Lake Superior, 9. Chicago, IL, 10. South Dakota, 11. San Francisco Bay, 12. Pearl Harbor, 13. Nevada, 14. New York Harbor, 15. Grand Ole Opry

Hidden Heroes Cities Summit

- Roberto Velasquez, Executive Director

Southern Caregiver Resource Center (SCRC) collaborated with San Diego Mayor Kevin L. Faulconer, The Elizabeth Dole Foundation, Hidden Heroes Fund, and Yellow Ribbon Fund, Inc. to present the first Hidden Heroes Cities Summit in the nation, which took place on March 2, 2017. The event was held in lieu of SCRC's annual Operation Family Caregiver conference (OFC) and was a huge success! More than 100 guests attended the summit, where they listened to experts in the field talk about anticipatory grief and ambiguous loss, important communication skills as a key to advocating for yourself and your family, the different VA programs and how to maneuver through the systems, and how to plan and make decisions when your partner has a traumatic brain injury (TBI) or posttraumatic stress disorder (PTSD). There was also a resource fair with more than 25 military and veteran agencies on hand to help connect families to appropriate services. More than seven local television news stations were at the summit to capture the event and help spread awareness about the needs of military and family caregivers.

Mayor Faulconer presented a proclamation to SCRC, making it Hidden Heroes City Day in San Diego, as the City of San Diego became the first Hidden Hero City in the Nation. Nikki Stephens, Elizabeth Dole Fellow and OFC graduate, said a few words on behalf of Senator Dole and discussed the importance of caregiver support services for military and veteran families to build resiliency. Stephens also shared how SCRC's counseling program and OFC gave her the skills to better cope with depression, anger, confusion and fatigue that she experiences while caring for her husband, who suffers from TBI, Epilepsy, and PTSD.

The series of conflicts that the U.S. has been in over the years has resulted in 5.5 million military and veteran caregivers, as documented by the 2014 Rand study commissioned by the Elizabeth Dole Foundation. An alarming number of these caregivers, according to research, are suffering numerous debilitating mental, physical, and emotional effects due to their caregiving duties. While there are many programs and resources for veterans and service members, the same cannot be said about specific programs designed for family caregivers.

SCRC is committed to advocating for military and veteran family caregivers to bring comprehensive caregiver support services, such as OFC, directly to San Diego County. For more information about OFC, please contact SCRC at 1-800-827-1008 or visit our website at www.CaregiverCenter.org.

Roberto Velasquez, Martha Rañón and Mayor Kevin Faulconer at the Hidden Heroes Cities Summit.

Roberto Velasquez, Martha Rañón, Mayor Kevin Faulconer, Dina Harrow (Yellow Ribbon Fund), Nikki Stephens (Yellow Ribbon Fund), Andrea Cangiano and Deena Brooks (VA San Diego).

Dina Harrow (Yellow Ribbon Fund), Nikki Stephens (Yellow Ribbon Fund), Lorie Van Tilburg and Roberto Velasquez.

The Marilyn Gill Story: Lessons Learned from Caring for an Adult Child

- Rebecca Boon, Family Consultant

Out of the thousands of family caregivers who have utilized Southern Caregiver Resource Center's (SCRC) support services over the past 30 years, the majority of those caregivers care for a parent or a spouse. A smaller group of caregivers include parents who are supporting their children well past the age of 18, when most parents transition to having an "empty nest." Marilyn Gill is one such parent. After Marilyn's son acquired a brain injury as a teenager, she found herself going through a variety of emotions – anger, frustration, and sadness. Whereas many family caregivers go through similar emotions caring for a loved one in the end of their life, Marilyn realized her journey as a caregiver would likely last the rest of her life, as she vowed to provide her son with the support he required. Marilyn's son is now 40-years-old and continues to live at home with her, his father, and his sister.

The impact of a brain injury varies for each individual, but often include changes in behavior, memory, personality, emotions, and thinking. Of course, the challenges and feelings that accompany these changes are not only felt by the individual diagnosed. Stress and frustration levels rose for Marilyn as she found herself needing to adjust to her son's new ways of communicating, thinking, and behaving. She also faced challenges navigating the legal system, healthcare system, and mental healthcare system, but worked tirelessly to be an "advocate" for her son's needs, always hopeful that progress and healing were within reach.

After spending nearly two decades devoted to the needs of her adult son, Marilyn reached a point where she became desperate for guidance and support. She reached out to SCRC and worked with a Family Consultant. Together they created a caregiver action plan that acted as a guide to help Marilyn reinvest in her own emotional and physical health. Marilyn believes that her Family Consultant was "accepting," "very willing to hear my point of view" and "customized" the action plan to address her specific concerns and needs. The action plan allowed Marilyn to identify "alternative" treatment options for her son, as well as new ways to cope with the challenges she faced in her caregiving role.

As part of Marilyn's new commitment to care for herself, she took full advantage of the variety of support services offered by SCRC. She started attending one of SCRC's caregiver support groups and continues to be an active participant in the group. SCRC's respite services help to ensure her son is safe and supervised while she attends the group. Marilyn's son is "excited and happy" to receive companionship from the respite provider, which consequently lessens the "tension" in their relationship. The support group provides her with a "safe place to vent," allows her to form relationships with fellow caregivers, and provides her with education on a variety of caregiving topics. Marilyn also participated in SCRC's counseling services, which allowed her to "focus on me" by learning and practicing new coping strategies to combat stress. Marilyn believes that receiving SCRC services allowed her to feel as if "a weight had been lifted" from her shoulders.

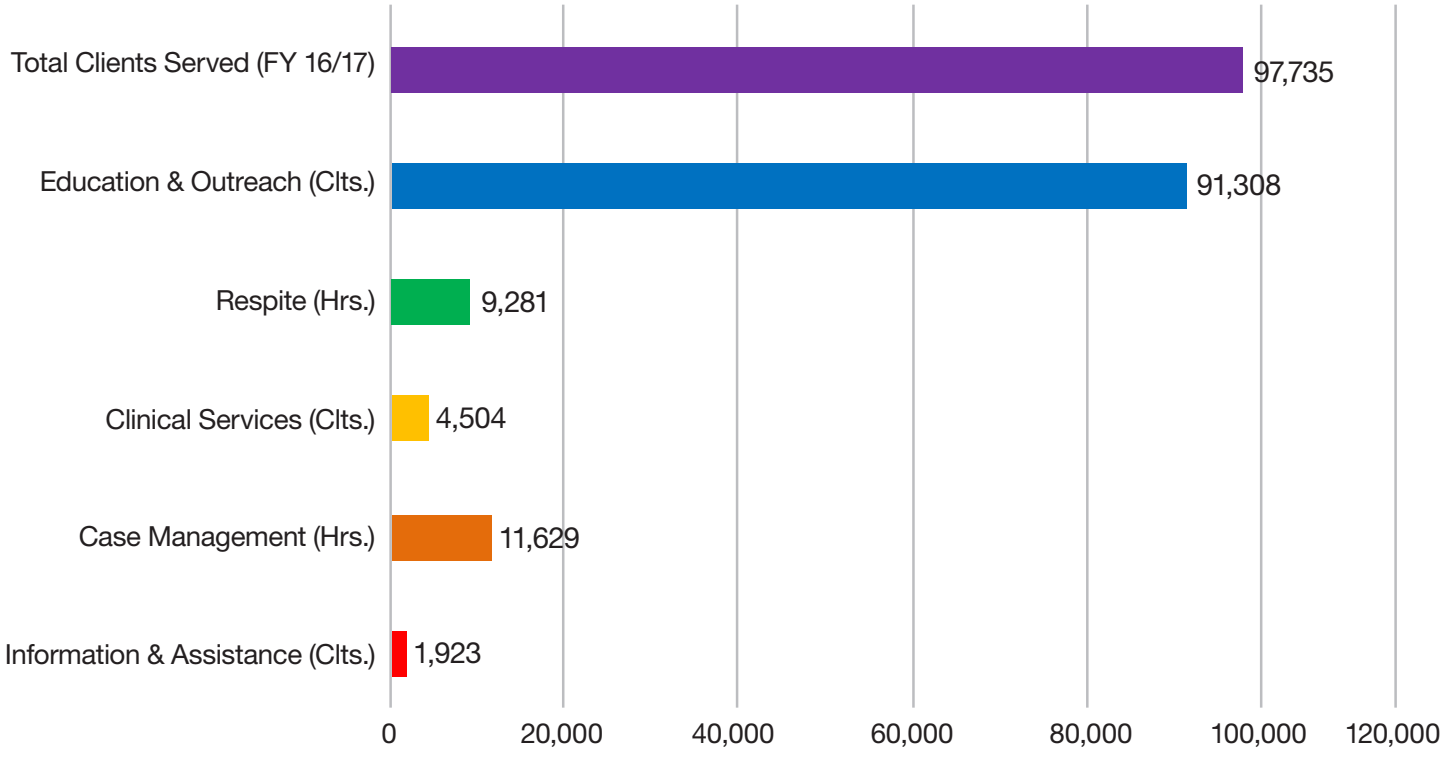
Overall, the support from SCRC has allowed Marilyn to have a voice as a parent caregiver. Marilyn continues to be a fervent advocate for her son and enjoys researching new and alternative treatment options to take a holistic approach to her son's health and happiness. Marilyn's family has experienced many ups and downs in their caregiving journey, but she continues to be optimistic and is quick to share what she has learned to encourage and support fellow caregivers. She encourages other caregivers to take advantage of the support offered by SCRC, as she believes it is important to "learn as much as you possibly can" about caregiving in order to cope with the many challenges caregivers face in their efforts to care for their love one and themselves.

Meet Our Dedicated Team, Who Make It All Possible

Front Row: Angelica Lee, Martha Rañón, Roberto Velasquez, Seraphina Galante, Jocelyn Merino, Malea Santos, Amanda Ramirez, Rachel Barnes, Rosa Gomez, Maritza Guardian, Morgan Baker, Jenica McKeown, Alex Medrano, Ana Choza-Hunt, Blanca Aguayo, Faith Varon and Rosalinda Avalos

Back Row: Erica Reyes, Russell Zygmunt, Jessica Romero, Breanna Beaver, Kristina Franco, Andrea Cangiano, Rebecca Boon, Elizabeth Parks, Luke Johnson, Miriam Guillen-Ibarra and Kami Shevlin

Southern Caregiver Resource Center Programs & Services (FY 16-17)



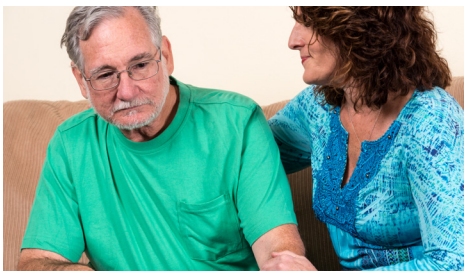
Caring for Our Caregivers

- Martha Rañón, Director of Education & Outreach

For more than 30 years, Southern Caregiver Resource Center (SCRC) has been caring for family caregivers throughout San Diego County. At every step of their caregiving journey, caregivers have benefited from educational classes, support groups, counseling, evidence-based programs, informational and community resource. For many, SCRC is that network of care, that life-line so necessary during times of stress, uncertainty and even depression. Below are quotes from family caregivers who have greatly benefitted from our direct services. We are truly honored to have been able to serve you.

"I utilized your services about 10 years ago and you were very helpful then. Now that I'm caring for my spouse, I am glad I know where to go."

"I can't thank you enough for all you do. you have helped me a great deal, not only with your referrals and sound advice but just listening to me and being kind, patient and understanding. Thank you for being so gracious."



"I always enjoy the possibility of attending educational classes and not have to worry about where to leave my mother."

"Working full-time, caregiving full-time and being a parent, wife and mother can sometimes be overwhelming. I'm glad that I don't have to do it alone. I learned that from SCRC"

"My family consultant taught me how to effectively communicate with my brothers and sisters, hold productive meetings that not only helped us coordinate good care for mom, but enabled us to support one another instead of arguing over her care."

PTSD: Painful Memories That Never Fade

- Laurie Edwards-Tate (April 25th, 2017)

Post-Traumatic Stress Disorder — PTSD — is a human response that can result from experiencing a highly traumatic event. Post-traumatic stress disorder has many root causes including genetic predisposition, hormones and temperament, sexual assault, physical attack, a life-threatening event, a natural disaster, an accident or other life-altering events.

Many members of the military experience PTSD, especially those who engaged in active combat. It can go completely undetected, and can occur at any time if left untreated.

Reports from the National Vietnam Veteran's Study in the 1980s indicated that 15% of male Veterans had PTSD at the time of the study. During a follow-up study conducted in 2003, it was discovered that 4 out of 5 Vietnam-era Veterans exhibited PTSD symptoms 20-25 years later.

A 2013 Congressional analysis entitled "Post-Traumatic Stress Disorder and Other Mental Health Problems in the Military: Oversight Issues for Congress" observed that "the 2009 post-traumatic stress disorder incidence rate of 9.2 per 1,000 person-years and a prevalence rate of 1.9% among all service members of the active component…"

The report indicated that those branches of the military with the highest rates of PTSD are the Army and the Marines, likely due to higher incidents of direct combat and other traumatic exposures than actions or events experienced by those serving in the Air Force or Navy.

A Veteran's Administration study sourced by the Congressional research report estimated that 18% to 20% military personnel engaging in combat while in Iraq or Afghanistan were likely to have PTSD.

The Mayo Clinic offers specific criteria for evaluating the presence of PTSD:

- Experience of a traumatic event
- Witnessing another person experiencing a traumatic event
- Discovering a significant other was threatened by a traumatic event
- Repeated exposure to graphic details of a traumatic event (for example, a first-responder)

Reliving a traumatic event and experiencing it longer than a few days or weeks could also be indicative of PTSD, especially if the emotions are intense and flashbacks of the event persist.

Common symptoms experienced by those afflicted with PTSD and possibly observable by family or friends may include:

- Anger
- Guilt
- Substance abuse
- Feelings of mistrust
- Depression
- Suicidal thoughts

Seeking help for PTSD?

For additional information about the signs and symptoms of PTSD, consult the related entry at Helpguide.org.

The Military Crisis Line is an excellent resource for active or retired service persons to access resources, referrals and help for themselves and their families:

- In the U.S.: 1-800-273-8255, Press 1
- In Europe: 00800 1273 8255 or DSN 118*
- In Korea: 0808 555 118 or DSN 118

The ability to detect PTSD early and seek treatment options from qualified health care practitioners who have a specialty in treating PTSD is critical in the outcome and quality of life of affected veterans and their families. The National Center for PTSD provides resources for seeking treatment while offering information about additional available support.

United States Veterans deserve the highest respect and utmost consideration. By choosing to place themselves in harm's way while in defense of this Country, they have earned the right to compassion, support and treatments to enable them to reenter civilian life as physically healthy, emotionally sound and spiritually whole people.

Until next time, enjoy the ride in good health!

Link to article at Communities Digital News:

http://www.commdiginews.com/health-science/health/ptsd-painful-memories-that-never-fade-87682/

(image via flickr/Trauma and Dissassociation)

25th Annual Bastille Day Celebration – Another Spectacular Year!

- Malea Santos, Development & Administrative Assistant III

Mercí, to all of you that supported the 25th Annual Bastille Day on July 8th! The celebration featured wine and beer tastings, food pairings, and a silent auction that could not have been better.

The party took place on the lake at Fairbanks Ranch and kicked off to the sounds of Grammy Award Winner Allan Phillips and Friends, followed by fast and furious bidding on unique wines and fabulous gifts. This year's emcee, Jesse Egan from Tonight in San Diego, entertained guests with jokes, friendly banter, and lots of laughs, while encouraging friendly competition during the auction.

"I just love Bastille Day," said Roberto Velasquez, Southern Caregiver Resource Center (SCRC) executive director. "It is always a beautiful day and it is so much fun to see all of our guests dressed in their summer best and enjoying the party." This year, Bastille Day even gave a prize to the best Parisian outfit!

Best Parisian Contest Winners: Kathryn and William Gang with Roberto Velasquez

SCRC would like to give special recognition to the people who made Bastille Day such a great success. First, we would like to thank Robert and Susan deRose, our lovely and generous hosts. A special thank you also goes out to Michel Malécot, owner and chef at The French Gourmet, who thrilled Bastille Day guests once again with his delicious cuisine and desserts, and Eli Shimirani from Barons Market, who works so hard every year to bring wineries to the event. Last but definitely not least, SCRC would like to thank all of our partners and friends who donated fabulous wines at our pre-Bastille Day Wine Collection Party on April 26th at Mintz Levin, which made our silent auction so great!

Bastille Day Title Sponsor: ActivCare Residential Memory Care

We are also so grateful to our generous supporters: ActivCare Living, our Title Sponsor, and our Year-Round Corporate Partners that include: Silverado, Accredited Home Care, At Your Home Familycare, Medi-Cal Regulation Specialists, All Valley Home Care, A Caring Heart Home Care, AALL CARE In Home Services, Belmont Village Senior Living Cardiff by the Sea, Molina Healthcare, UC San Diego Radiation Oncology, Seasons Hospice & Palliative Care and Cygnet Theatre. Proceeds from the event help support the direct service needs of the over 407,000 family caregivers living in San Diego County.

Year-Round Corporate Partner: Silverado

California Estate and Elder Law

SCRC Board Members: Kimberly McGhee and Cindy Lehman

Emily Little, Dr. Douglas Galasko, Mary Sundsmo, Lorie Van Tilburg and Roberto Velasquez

Roberto Velasquez with Bastille Day Hosts, Robert and Susan deRose

Emcee Jesse Egan, Pilialoha Estall, Martha Rañón and Fale Luis

Title Sponsor: ActivCare Residential Memory Care

Benefitting: Southern Caregiver Resource Center — Caring for those who care for others

Bastille

Thank You to our 25th Annual Bastille Day Sponsors

Alzheimer's Association San Diego/Imperial Chapter
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McCuen & Co. Inc.
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San Ysidro Health Center
Streeter Printing
UCSD Senior Behavioral Health
Windward Life Care

Aging: When and How to Help

- Seraphina Galante, MSW, Family Consultant

It is sometimes difficult to know when and how to help an aging relative or friend. Below are five warning signs of potential problems.

1. General health and weight. Is there chronic illness? Is the person under regular medical care? Have they visited the ER several times recently? Has there been a memory lapse that resulted in significant impact such as forgetting to eat or taking medication? Unexpected weight loss could indicate a health problem.

2. Safety: in and out of the home. Take a look around the person's home. Are there problems with maintenance or repairs? Are the lights working? Does the heat and/or A/C work properly? Is the sink full of unwashed dishes? Is the home cluttered? Think in terms of safety and fall prevention. Do small tables or furniture pose obstacles? Does the bathroom contain an adequate number of secure grab bars, non-slip tub or shower mat. Is a shower chair needed?

3. Person's ability to take care of themselves. Pay attention to their personal appearance; has a normally well-kept person become disheveled or developed poor hygiene? How are they getting daily meals? Are bills being paid on time or paid twice?

4. How are they getting around? Observe general mobility, balance and ease of rising from a seated position. With unsteadiness comes the risk of falling. Muscle weakness or joint problems could impact ability for self-care. Does the person need a cane or walker?

5. How are their spirits? Note the person's moods. We all have good and bad days, but a drastically different mood or attitude could indicate depression or other health concerns. Do they seem withdrawn or blue? Suspicious or fearful? Talk to the person about their activities. Are they connecting with friends? Have they lost interest in hobbies or other activities? If they're religious, do they attend regular services? Is this simply lack of transportation or something more serious?

IF YOU HAVE CONCERNS: Talk with the person about your concerns for their health and safety. Your involvement may spark an appointment with the doctor. Reassure the person that your intention is to help them remain at home. Show respect. Unless the situation is severe, ask questions instead of giving directives.

If needed, consider including the person's close friend or relative. If you believe their doctor needs to be contacted, you might need a signed release. However, you may give your observations to the doctor without the signed form.

What is needed? What type of help is needed to live as independently and as safely as possible? Do they need help with daily activities? Bathing, dressing, grooming, bathroom, mobility, and meals? Also, is help needed with use of telephone, medication, housework, shopping, transportation, or finances?

What support is currently in place? Informal supports include family, friends, neighbors, and church community whether on a regular or as-needed basis. More formal supports can include meal delivery, emergency alert systems, home care workers, social service agencies, public or private transportation, adult day care or senior centers, legal, and care management services.

Make a Plan. Work as a team to solve problems and make a plan. Some people call this the care team. It involves the person, relatives, friends, the church, doctor(s), and others. The plan should be mindful of the person's preferences, safety, health, legal protection, socialization, recreation and pleasant activities.

Personal tips from a few of our current caregivers:

- If incontinence is an issue, one helpful tip is to put borax in the wash with soiled clothes/linens. I do a pre-wash with a little soap and borax and then a regular wash with soak cycle with more soap and more borax. They come out smelling fresh.
- When I feel like I need someone to be nice to me, I get a pedicure!
- I truly feel that you need to stay flexible, which goes hand-in-hand with being fully present.
- A sense of humor is essential to maintaining a healthy perspective on all the messiness that is caregiving.

To obtain free professional consultation, please contact SCRC at (800) 827-1008.

Education Classes

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 education & outreach. For more information about upcoming classes, please visit our website at www.caregivercenter.org.

Sorting Through the Health Care Documents

August 23rd, 2017
10 – 11 a.m.
3675 Ruffin Rd., Ste. 230
San Diego, CA 92123
RSVP at 1 (800) 827-1008
http://bit.ly/hdoc2017

Holding a Family Meeting

September 6th, 2017
10 – 11 a.m.
3675 Ruffin Rd., Ste. 230
San Diego, CA 92123
RSVP at 1 (800) 827-1008
http://bit.ly/FamlyMtg

Dementia and Driving

October 11th, 2017
10 – 11 a.m.
3675 Ruffin Rd., Ste. 230
San Diego, CA 92123
RSVP at 1 (800) 827-1008
http://bit.ly/DemDrive

Caregiving Through the Holidays

November 8th, 2017
10 – 11 a.m.
3675 Ruffin Rd., Ste. 230
San Diego, CA 92123
RSVP at 1 (800) 827-1008
http://bit.ly/Holiday17

Spirituality and Caregiving

December 6th, 2017
10 – 11 a.m.
3675 Ruffin Rd., Ste. 230
San Diego, CA 92123
RSVP at 1 (800) 827-1008
http://bit.ly/SpiritCare

SCRC Support Groups

Southern Caregiver Resource Center offers professionally facilitated support groups for family caregivers. These groups are open and ongoing, registration is not required and all are free of charge.

Caregiver Support Group* – SCRC Office

Second and fourth Thursday of every month (5:30 – 7 p.m.)
SCRC Office - 3675 Ruffin Rd., Suite 230, SD 92123
Facilitator: Elizabeth Parks, MSW

**This group has a focus on adult children who are caring for a parent, but is open to all caregivers*

Caregiver Support Group – Clairemont

Second and fourth Wednesday of every month (1:30 – 3 p.m.)
Clairemont Lutheran Church Fellowship Hall
4271 Clairemont Mesa Blvd., SD 92117
Facilitator: Rebecca Boon, MSW

Caregiver Support Group – Rancho Bernardo

First and third Thursday of every month (5:30 – 7 p.m.)
The Remington Club I, Game Room, 1st Floor
16925 Hierba Dr., SD 92128
Facilitator: Jocelyn Merino, MSW

Caregiver Support Group – Cardiff by the Sea

Second and fourth Monday of every month (1:30 – 3 p.m.)
Belmont Village Senior Living – Cardiff by the Sea
The Club Room - Floor L2
3535 Manchester Ave., Cardiff by the Sea 92007
Facilitator: Morgan Baker, MSW

VA Caregiver Support Group for Male Caregivers of Veterans - SCRC Office (sponsored by the VA Caregiver Support Program)

Fourth Wednesday of every month (1:00 - 2:30 p.m.)
SCRC Office- 3675 Ruffin Road, Suite 230, SD 92123
Facilitator: Michael Casselberry, RN, VA Caregiver Support Coordinator. *For more information contact Michael at Michael.Casselberry@VA.Gov*

EN ESPAÑOL - Caregiver Support Group – San Ysidro

Second and fourth Thursday of every month (3 – 4:30 p.m.)
San Ysidro Adult Day Health Center 3364 Beyer Blvd., San Ysidro 92173
Facilitator: Miriam Guillen-Ibarra, MA, (619) 948-6640

EN ESPAÑOL – Caregiver Support Group – Chula Vista

First and third Wednesday of every month (4:30 – 6 p.m.)
Norman Park Senior Center
270 F St., Chula Vista 91910
Facilitator: Ana Choza Hunt, MSW

For additional information on SCRC support groups, please contact SCRC by calling (800) 827-1008.

Southern Caregiver Resource Center
Caring for those who care for others

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San Diego, CA 92123

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cars2charities™

Maximize the Value of Your Gift

Southern Caregiver Resouce Center (SCRC) has teamed up with Cars2Charities! Anyone interested in donating their old car or boat can contact Cars2Charities and they will pick up 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 (855) 520-2100.