



Wavelengths

Volume 58, Spring 2015

SCRC Designated a Live Well San Diego Partner

- Lorie Van Tilburg, Executive Director

SCRC is honored to be a Live Well San Diego partner. We have made a formal commitment to support the Live Well San Diego vision by instilling the values of Live Well San Diego in all of our programs to support family caregivers. SCRC champions Living Well in San Diego!

Live Well San Diego is a long-term initiative of the County of San Diego to improve the health and wellness of all county residents. There are three parts to living well, according to Live Well San Diego:

- 1. Building Better Health** calls for improving the health of all residents and supporting healthy choices.
- 2. Living Safely** calls for ensuring residents are protected from crime and abuse, neighborhoods are safe and communities are resilient to disaster and emergencies.
- 3. Thriving** calls for cultivating opportunities for all people and communities to grow, connect and enjoy the highest quality of life.



Nick Macchione, Ellen Schmeding, Lorie Van Tilburg and Supervisor Ron Roberts at SCRC's Caregiver Conference.



Updates

Donor Recognition Event	2
Operation Family Caregiver	3
2014 Supporters	4 & 5
Bastille Day - Save the Date	11



Features

ActivCare: Visits to the Physician	6
Silverado: Caring for a Loved One with Dementia	9



Resources

Taking a Mental Break	7
Events/Support Groups	8
Fall Prevention	10

Donor Recognition Event

- **Roberto Velasquez, Director of Operations & Business Development**

Southern Caregiver Resource Center (SCRC) hosted its annual Donor Recognition event at the Mintz Levin law firm in Carmel Valley on Feb. 6.

Over 80 of SCRC’s friends enjoyed an elegant and intimate gathering of networking, spirits and delicious hors d’oeuvres offered by The French Gourmet.



The Silverado team with Lorie Van Tilburg and Roberto Velasquez.

Special recognitions were given to SCRC’s **Year-Round Corporate Partners**: ActivCare Living, At Your Home Familycare, Accredited Nursing Care, A Caring Heart Home Care, Mission Home Health, UC San Diego Department of Radiation Oncology, BrightStar, Golden Care, LivHOME, Sonata Hospice, Love2Live, Sharp HospiceCare and Belmont Village Cardiff by the Sea. Silverado was awarded the **2014 Corporate Partner of the Year** for the third consecutive year. Year-Round Corporate Partners are leaders in the business community that support our programs, special events and educational programs throughout the year, ensuring that families have the supportive tools necessary to remain healthy while keeping their loved ones safe.

A **Visionary Leadership Award** was presented to Alfredo Aguirre, Director of Behavioral Health Services for the County of San Diego, for his important role of incorporating the REACH program into the county’s Mental Health Services Act Strategic Plan for Older Adults. This was the first time the mental health needs of Latino family caregivers caring for a loved one with Alzheimer’s disease had ever been part of a Behavioral Health Strategic Plan for the County of San Diego.

A **Caregiver Leadership Award** was presented to Ellen Schmeding, Director of Aging & Independence Services for San Diego County, for her years of support of family caregivers. Michele Parente of U-T San Diego was also recognized for her role in creating awareness of the needs of family caregivers through media.

The evening was capped off with a very special **Caregiver Visionary Award** presented to Ken Fousel. Ken is a long-time supporter of SCRC and one of the most vocal advocates for family caregivers in the county. His accomplishments stem over two decades, starting as a family caregiver for his wife, Elizabeth, and later for his good friend, Lynne. Ken also founded the first caregiver support group for men in partnership with SCRC, in which he remains involved to this day. Ken’s altruistic endeavors continued this past year as he again partnered with SCRC to challenge the community in a matching gift campaign. With Ken’s support, the campaign raised over \$40,000 in 2014!

“I thought I could whip this,” recalled Ken after his wife was diagnosed with Alzheimer’s disease. “I didn’t even realize I was so stressed out. Southern Caregiver Resource Center had all the resources I needed; I want to help others access these free services.”

Thank you Ken and all of our 2014 supporters!

To learn more about how you can help, please contact Roberto Velasquez at (858) 268-4432 or rvelasquez@caregivercenter.org.



Lorie Van Tilburg, Ken Fousel and Roberto Velasquez.

Operation Family Caregiver

Operation Family Caregiver (OFC) helps create strong and healthy families by supporting those who care for their military or veteran spouse, child, friend or other family member.

You may not think of yourself as a “caregiver.” You may have assumed that role because they are your family and needed your support when no one else was able to step in.

Caring for someone can take a toll on your health and well-being. Military caregivers are at high risk of physical and emotional stress and strain. Many of military spouses, parents and friends don’t identify themselves as caregivers, and often don’t seek the help and support they need. As a result, many military caregivers are left feeling hopeless and depressed.

OFC is here to help families of returning service members and veterans to manage the difficulties they face when they return home.

“Operation Family Caregiver provides me the tools to identify stress, create options for solutions, and provides support, which allows me to solve problems,” said one Navy spouse. “With the constant moves and frequent deployment that come with the military lifestyle, these

tools allow me to maintain a positive attitude while caregiving.”

Operation Family Caregiver is a program of the Rosalynn Carter Institute for Caregiving and is generously supported by Johnson & Johnson.

If you are caring for a service member or veteran, please call us today at 1-800-827-1008 to get your own OFC coach. Together, you will come up with strategies that can help get you through the tough times and make plans for how to manage over the long term. And over time, you will grow stronger as you learn to cope with problems you never imagined you might confront.

OFC

SERVICE MEMBERS RELY ON CAREGIVER

**THERE ARE
1.1 MILLION
POST 9/11 MILITARY CAREGIVERS**

✓ 33%
Spouses

✓ 25%
Parents

✓ 23%
Friends &
Neighbors

✓ 19%
Other



Lorie Van Tilburg and Supervisor Bill Horn at the OFC Conference at Camp Pendleton.



(Left to right): Leisa Easom, Kandy Ferree, Lorie Van Tilburg, Michelle Schachtel, Rosalynn Carter, Kassy Mason and Laura Bauer at the RCI Summit in Americus, Georgia.

2014 Supporters: The Lifeline to Our Mission

<div>Platinum - \$100,000+</div> <ul style="list-style-type: none">California Department of Health Care Services - Long Term Care DivisionCounty of San Diego Aging & Independence ServicesCounty of San Diego Behavioral Health Services (MHSA/OA PEI)The Rosalynn Carter Institute for Caregiving and Johnson & Johnson	<ul style="list-style-type: none">Belmont Village Cardiff by the SeaBrightStarBrown Marketing StrategiesCalifornia Bank & TrustCalifornia Estate and Elder Law, LLPAlford ClaiborneDr. Richard Della PennaElmcroft Senior Living of La MesaGolden CareDebby HallidayDr. and Mrs. Don Hunsaker IIRita-Maria Kafalas-MayLaw Office of Karen E. BlackLivHOMELove 2 LiveMacy's, Inc. Corporate GivingMcCuen & Co., IncMedi-Cal Regulation SpecialistsRod MelendezMolina Healthcare of CAMoss AdamsNaval Officer's Spouses' Club of San DiegoVictoria NennerSan Ysidro Health CenterSharp HospiceCareShea Family CareSonata HospiceJack Stephens, Attorney at LawStreeter PrintingMary SundsmoSurvivors Rehabilitation Foundation I Sharp Healthcare FoundationThe deRose FoundationThe Law Office of Nancy Kaupp EwinThe ManseThe San Diego Downtown Breakfast Rotary ClubThe San Diego FoundationUC San Diego Radiation OncologyUCSD Senior Behavioral Health	<ul style="list-style-type: none">Union Bank of California - Foundation OfficeLorie Van TilburgRoberto Velasquez <div>Friends Level \$1-\$999</div> <ul style="list-style-type: none">AALL CARE In Home ServicesAll Valley Home Health Care & NursingBlanca AguayoLidia AllenPatricia AlvarezMs. Carol AmundsonMs. Ellen AndersonAnette AsherMs. Rebecca AtkinsPhilip AuritKeith BabcockMr. and Mrs. Dan BallardMr. Jerry BarashMs. Donata BarbourMr. and Mrs. Robert BarnesPaneda BechtelMrs. Thérèse BélangerMs. Rosemary BentleySuzanne BickleyCharles BiermanBionic Sisters ProductionsMr. and Mrs. Don BlevinsMr. and Mrs. Tom BloomerMs. Katherine BloomerGary and Margie BobileffJocelyn BrownMrs. Mildred BrownMr. Jeff BrownMs. Sharol BrustMr. Jerry BuckleyAmy BurfittRon BurtonMrs. Marie BustosAndrea CangiaoZulema CasianoMs. Jane CatapMrs. Jan ChadwickMarlene ChaseChris ChaseMrs. Sharon ChasteenCollwood Terrace Stellar CareMr. Ray ChorushKaron Clay	<ul style="list-style-type: none">Myra CohenSherry Cohen-RichardsDebra ColemanJames ComstockMrs. Nora ConnorCapt. Lloyd CooperMrs. Linda CooperJudith CopelandLinda CormierMs. Kathryn CrossinLynn DanielRoyce DarbyGina DeSantisMs. Joyce DiCiccoBetty DillingerCarole DorseyMs. Jean DuncanMs. Margie EdwardsMartin EhrlichElder Care GuidesElder Law & AdvocacyEngel ConsultingMr. and Mrs. Bob EvattMr. and Mrs. Scott FarquarElizabeth Floyd DavisMs. Irene FojtikSandra FouldsMr. Vern FrancisMs. Pam FrickMs. Pam FridleMs. Seraphina GalanteMaureen GallagherMr. and Mrs. Joe GalloMaggie GamilloWilliam and Kathryn GangDr. and Mrs. Daniel GardnerMs. Ellen GeisMs. Sara GenglerJosie GerkGoodrich FoundationCarolyn GrageMrs. Cindy GrainMs. Evalyn GrebMs. Juandalyn GreenSt. Paul's PlaceMr. Phil GreenblatGrondin ConstructionJesse GuarnesMiriam Guillen-IbarraH&R BLOCKHarold HanksMrs. Adrienne Heinzelman
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Donor Name	In Memory Of	Donor Name	In Honor Of
<ul style="list-style-type: none">Lidia AllenRon BurtonCapt. Lloyd CooperLynn DanielRoyce DarbyMs. Margie EdwardsDonna La BonteMr. and Mrs. Chris LandryFrances MaddenMs. Leah McNairDorothy MooreMs. Olga NeddMr. James WilliamsCharlotte Zaino	<ul style="list-style-type: none">Mary Jo HazzardJean BurtonMary Jo HazzardMarie MerrellJohn T. DarbyLucille EdwardsJoseph C. La BonteSandy VigdorSue Ann WeissmanHelen CrockerMary Jo HazzardVladimir NeddRuthie WilliamsMary Jo Hazzard	<ul style="list-style-type: none">Mr. Jerry BuckleyMr. Joaquin QualinMrs. Irene SheltonPaula Tallal	<ul style="list-style-type: none">Victoria NennerCarol JonesVirgil ShaneyfeltColleen Osburn

Thank you for your support!

Making the Most of Your Visit to the Physician

- Todd Shetter, COO, ActivCare Living Inc.

While health care and the way we access it continues to advance, one thing remains the same: the importance of one-on-one communication between a patient and a primary care physician.

This is especially critical when the patient and family caregiver are dealing with a progressive and degenerative disease such as Alzheimer's.

It's important to prepare before an office visit with a physician, which is often only 15 to 20 minutes long. Doing your homework will help you achieve a productive visit, meeting the needs of both the patient and the physician.

Physicians are busier now than they have ever been, especially those who focus their practice around geriatric clients. There is approximately only one geriatric specialist for every 2,500 seniors age 65+ in the U.S., and that number is declining as fewer and fewer physicians choose to focus on geriatric medicine.

The burden to see as many patients in a day as possible is the new norm in the health care arena, with physicians being squeezed by lower reimbursement from Medicare and other insurance sources.

Physicians in the field of geriatric medicine suggest taking the following steps to help you achieve a productive and effective physician visit:

1. Always take a family member or trusted friend to the appointment. Come prepared with a list of current medications, dosages and how they seem to be working currently, along with any side effects or unintended results of the medications.

2. If problem behaviors or changes in mood are a current issue, keep a log and share confidentially with the physician before the in-room exam takes place. Make sure there are
- times, dates and specifics on where the behaviors occurred and any factors that may have set them off.

3. Make a list of the top three issues you would like to discuss or resolve during each visit. A laundry list of 20 items will never be accomplished, but there is time to hit the three most important.

4. Make sure the physician understands your goals and focuses on what is
- most important. At age 85, cholesterol level and blood pressure are probably not the most important risks. Falls, weight loss, depression and exercise are items that need to be focused on.

5. Most importantly, if you don't understand instructions or agree with the course of care, say so and don't leave until you have a clear understanding of the plan.

The many physicians I know in the field of geriatric medicine are dedicated and compassionate, and truly want to do the best they can for each and every patient. These tips will help achieve everyone's goal - to get the very best approach to care for your loved one. For more information on ActivCare Living or to take a tour of one of our Memory Care Residential Communities, please visit our website at www.activcareliving.com.



is proud to be a Year-Round Corporate Partner of Southern Caregiver Resource Center.

ActivCare Living, formerly known as Health Care Group, was formed in 1981 as a specialized senior housing and health care management company to direct and lead the operations of its various retirement communities, Alzheimer's care and skilled nursing facilities. Our communities offer services to meet a family's changing needs by not only caring for their loved one, but by offering experience and counsel throughout the decision-making process. The mission of ActivCare is to provide seniors with choices in memory care options.

Taking a Mental Break

- Martha Rañón, Director of Education & Programs

How much time would you say that you spend sitting at your work desk, paying bills for your family members or organizing your tasks as a caregiver? Two, three, four hours?

Do you make it a point to go outside for a break, or do you just plow through and suddenly wonder where the day went?

Many of us spend a great portion of each day sitting in front of our computers, and find it challenging to pull away from work to take a break.

What if taking a much-needed break from work allowed our minds to take a breather?

Step into my office and let me show you how to relax while at work.

Find a private space, preferably not the same spot that ties you down. Find a space that offers a change of scenery, perhaps an empty office, lunch room, bench or even your car.

Sit there for a bit with your hands on your lap and feet planted on the ground. Take in the surroundings and begin paying attention to your **breathing**.

Close your eyes and really start to focus on each breath you take.

Begin by paying attention to **your feet**. How do your soles feel? Do you have any pressure? Are they feeling warm or cool? Stay there for a bit mentally noticing your feet without judging or letting your mind wander.

If your mind wanders, **redirect it** to the sensations of the body part you are focusing on. Do this as you scan up to your head, stopping at your ankles, lower legs, lap, hands, fingers and arms. Include your stomach, torso and chest. Go all the way up to your shoulders, neck and head.

Explore each body part and feel the sensation each produces.

The goal is to make you feel a little bit more relaxed and allow your mind to take a much-needed break from the business of the day.



Upcoming Educational Events

- MAY20

How to Achieve Balance Between Caregiving, Work and Life
Noon to 1 p.m.
335 Saxony Road, Encinitas, CA 92024
RSVP to (760) 753-1245
- MAY30

Caregiver Wellness Workshop
9 a.m. to 1:30 p.m.
959 Lane Ave., Building B, Chula Vista, CA 91914
RSVP to (619) 502-7726
- JUNE1

The Aging Process
12:15 to 1 p.m.
Kimball Park Senior Center
1221 D Ave., National City, CA 91950
No RSVP required
- JUNE17

Vital Aging Summit - Boosting Your Brainpower
8:30 a.m. to 2:30 p.m.
McMillin Center in Liberty Station
2875 Dewey Road, San Diego, CA 92106
-and-
California Center for the Arts
340 N. Escondido Blvd., Escondido, CA 92025
RSVP to Sharp at (800) 827-4277

- JUNE24

I'm a Caregiver, Now What?
11 a.m. to noon
15905 Pomerado Road, Poway, CA 92064
RSVP to (858) 674-1123
- JUNE24

The Aging Process - Spanish
12:15 to 1 p.m.
Kimball Park Senior Center
1221 D Ave., National City, CA 91950
No RSVP required
- OCT9

Latino Caregiver Conference - Spanish
8:30 a.m. to 3:30 p.m.
Jacobs Center
404 Euclid Ave., San Diego, CA 92114
RSVP to (800) 827-1000 or
En Español, (619) 729-277

To stay up-to-date on our educational events, please sign up for our email list at www.caregivercenter.org

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 Road, Suite 230, SD 92123
Facilitator: Andrea Cangiano, LCSW
*This group has a focus on adult children who are caring for a parent, but is open to all caregivers

Caregiver Support Group* – Camp Pendleton
First Thursday of every month (10 - 11:30 a.m.)
Holiday Inn Oceanside
1401 Carmelo Drive, Oceanside 92054
Facilitator: Michelle Schachtel, IMFT
*For spouses or significant others caring for returning service members or veterans.
For more information call, (800) 827-1000

Caregiver Support Group* – Clairemont
Second and fourth Wednesday of every month (1:30- 3 p.m.)
Live Well San Diego - 4425 Bannock Ave., SD 92117
Facilitator: Michelle Schachtel, IMFT
*On-site supervision for care receiver is available

Caregiver Support Group – Senior Men's Caregiver Support Group
First Thursday of every month (10 a.m. to noon)
Vitas Hospice - Third Floor Conference Room
9655 Granite Ridge Drive, SD 92123
Facilitator: Frank Zwirlein, MSW
Founded by Ken Fousel & SCRC

Caregiver Support Group – Rancho Bernardo
First and third Thursday of every month (5:30 – 7 p.m.)
The Remington Club, Multi-purpose Room
16925 Hierba Drive, SD 92128
Facilitator: Seraphina Galante, MSW

Caregiver Support Group – EN ESPAÑOL – Caregiver Support Groups in Spanish
Chula Vista
1er y 3er Miércoles de cada mes (4:30 - 6:30 p.m.)
Norman Park Senior Center
270 F Street, Chula Vista 91910
Facilitator: Zulema Casiano, LMFT, (619) 618-6266

Caregiver Support Group – San Ysidro
2º y 4º Jueves de cada mes (3 - 4:30 p.m.)
San Ysidro Adult Day Health Center
3364 Beyer Blvd., San Ysidro 92173
Facilitator: Miriam Guillen-Ibarra, IMFT, (619) 948-6640

Caregiver Support Group – National City
First and third Tuesday of every month (2:30 - 4 p.m.)
Paradise Village Board Room
2700 East 4th St., National City 91950
Facilitator: Kassy Mason, MSW

Caring for a Loved One with Dementia

- Kiel Stromgren, Administrator for Silverado at Home San Diego

There are tremendous challenges when caring for a loved one at home. When that loved one has dementia or Alzheimer's, family sometimes takes on a different meaning. Personal attendants (PAs), or caregivers, are often extended family members for the families they serve and provide care for. Personal attendants or paid caregivers make great sacrifices to provide amazing support to the family members they look after, especially when consistency and familiarity is so important to those with dementia.

Many family members recognize the challenges PAs face each day, and we often hear families say they could never do the work PAs do for their loved ones. It's that dedication and love that allows the families we serve to be family members and not care takers.

Listening to personal attendants' stories and experiences often helps others to gain a better understanding of what is needed while caring for a loved one in the home. Below is a brief example of two caregivers who have spent the majority of the past year caring for someone with advanced Alzheimer's in her home. These stories show the connection, dedication and love that is created while caring for someone with dementia and Alzheimer's.

"I have had the pleasure of working with Mrs. S, or, as those close to her call her, "Sugie," for over a year. During the time I have worked here, we have become very close. Sugie is a very special woman with a huge heart and a lively spirit. Her positive attitude is

infectious, and anyone who knows her knows she is an exemplary model of a mother, friend and spouse. Her family has accepted me and has made me feel like part of their family. This is an especially cheerful time in the home with so many people who love Sugie coming by; the house is always full of energy. The family members are all funny and very down to earth. I look forward to spending this time with my extended family sharing laughs, funny stories and eating great food." – Devyn B.

"I have bonded with "Sugie" and have learned how to provide her good, quality care. I have grown to love Sugie and consider her to be my family. She has accepted me and is always so polite and inviting. I have so much love for her. I know that it is difficult having a loved one who is sick, but this is a time to reflect on better times and embrace the time that we have now. I know

"I know that it is difficult having a loved one who is sick, but this is a time to reflect on better times and embrace the time that we have now."
– Maria D.

Sugie is very happy since she will be surrounded by people that love her, myself included. I am looking forward to caring for Sugie in the future and I am excited about spending this time with her and her beautiful family. – Maria D.

The bonds created between these caregivers and Sugie show the amazing work PAs do every day. Know that there is hope when you're searching for a solution for your loved ones. There are people, caregivers and personal attendants who know how to care for your loved one with the same affection and dedication as you would.

For more information about Silverado, visit our website at www.silveradocare.com, or contact:
Silverado At Home: (858) 207-3335
Silverado Hospice: (858) 328-4558
Silverado Escondido: (760) 670-4769
Silverado Encinitas: (760) 230-4200



SILVERADO
lives enriched

is proud to be a Year-Round Corporate Partner of Southern Caregiver Resource Center.

Fall Prevention

- Martha Rañón, Director of Education & Programs

Did you know that falls are the leading cause of fatal injuries among San Diego seniors, and 60 percent of falls occur at home? Those over 65 are at a greater risk of falling due to chronic health problems, taking multiple medications, symptoms of cognitive impairment and decreased flexibility.

Most falls are preventable. Here are four steps to take to avoid your next fall:

Medications: Talk to your doctor about the prescriptions you're taking. Discuss possible side effects, including drowsiness.

Exercise: A good way to reduce the risk of falling is by staying physically active and taking on activities that will increase strength, balance, flexibility and bone mass.

Checkups: Schedule a full physical examination along with a check on your vision and prescription eyewear.

Nutrition: Make sure you're getting enough calcium and vitamins D and B12 in your diet to reduce muscle weakness, decreased bone mass and declining neurological function.

Stay tuned for more information on the upcoming Fall Prevention Summit

Word search

Look for all eight words:

ACTIVITY HEALTH EXERCISE FALLS PREPARE PREVENT PROTECT SAFETY

A H Z H T L A E H
Z C I Y F U X V P
E D T A T E Z R V
C R L I R E O T K
M L A C V T F C I
S I I P E I U A L
U S L C E P T M S
E U T J T R K Y G
T N E V E R P A Y

Bastille Day

Fairbanks Ranch Clubhouse

save the date 7.11.15 4 to 8 p.m. \$150 tickets

Food by The French Gourmet

Wine tasting

Live music

Silent auction

10 News anchors Kimberly Hunt and Steve Atkinson will emcee the evening

Phone: 858-268-4432

Email: msantos@caregivercenter.org
www.caregivercenter.org





Southern Caregiver Resource Center

Caring for those who care for others

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@SCRC1987

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Malea Santos, Development Assistant
Kami Shevlin, Admin. Assistant III
Josie Gerck, Admin. Assistant II

Last Chance!

The 23rd Annual Bastille Day

Yes, I would like to purchase tickets to attend Bastille Day
on Saturday, July 11

Tickets are \$150 each (FMV* \$75 each)

Tax ID #33-0402867

Name(s)
Address
City/State/Zip
Phone Email
Number of Tickets Total Amount Enclosed \$

Please make check payable to SCRC and send to:
3675 Ruffin Road, Suite 230, San Diego, CA 92123

You may also purchase tickets online by visiting our website at:

www.caregivercenter.org

*Fair Market Value