



# WAVELENGTHS

volume 65 | summer 2018

## LETTER FROM EXECUTIVE DIRECTOR ROBERTO VELASQUEZ

Join SCRC at our first ever Sounds of Summer Benefit Concert on Saturday, August 25th, 2018 from 7-10pm at the House of Blues in Downtown San Diego.

Enjoy live musical entertainment from local talents like The Sleepwalkers, Tolan Shaw, Lea Love, and our featured performer, Hirie! This electrifying evening will help SCRC increase awareness on the important role families play in the care of their loved ones and help SCRC raise money to continue to meet the direct services needs of family caregivers.

Click the video below to hear more about this wonderful concert and get a quick taste of what you can expect from this fantastic lineup.

So, clear your evening and make it a night on the town! Get your tickets today before we sell out!

Thank you!

Roberto

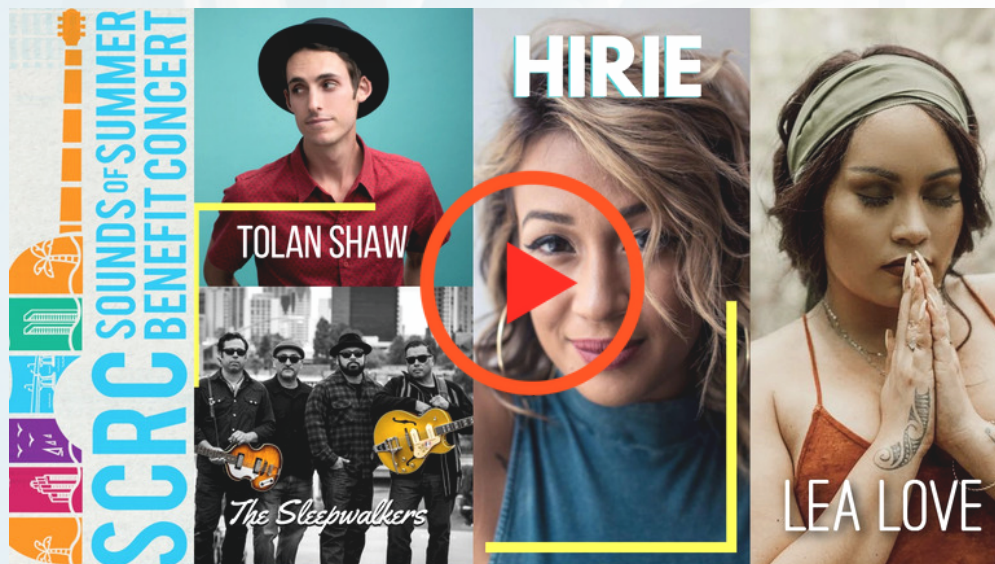
## WHAT'S INSIDE?

SOUNDS OF SUMMER  
BENEFIT CONCERT

2017 - 2018 FISCAL  
YEAR IN REVIEW

VOLUNTEERS  
NEEDED

TIPS TO STAY COOL  
THIS SUMMER



SCRC HELPS FAMILIES AND COMMUNITIES MASTER THE CHALLENGES OF CARING FOR ADULTS WITH CHRONIC AND DISABLING CONDITIONS.



TO PURCHASE TICKETS PLEASE VISIT OUR WEBSITE [CAREGIVERCENTER.ORG/SOUNDSOFSUMMER/](http://CAREGIVERCENTER.ORG/SOUNDSOFSUMMER/) OR CALL US AT 858-268-4432



Roberto Velazquez - Executive Director  
Southern Caregiver Resource Center



## SOUTHERN CAREGIVER RESOURCE CENTER "CARING FOR THOSE WHO CARE FOR OTHERS" A YEAR IN REVIEW

BY ROBERTO VELASQUEZ, EXECUTIVE DIRECTOR



For over 31 years, Southern Caregiver Resource Center (SCRC) has been supporting the psychological and emotional well-being of family caregivers by improving health and safety measures to help families and communities thrive

As the leading provider of comprehensive caregiver support services in San Diego County, SCRC, along with San Diego County HHSA, Aging & Independence Services, Behavioral Health Services, and community partners helps thousands of family caregivers annually who provide support to frail older adults and adults living with Alzheimer's disease and related disorders, stroke, traumatic brain injury, and other conditions and diseases.

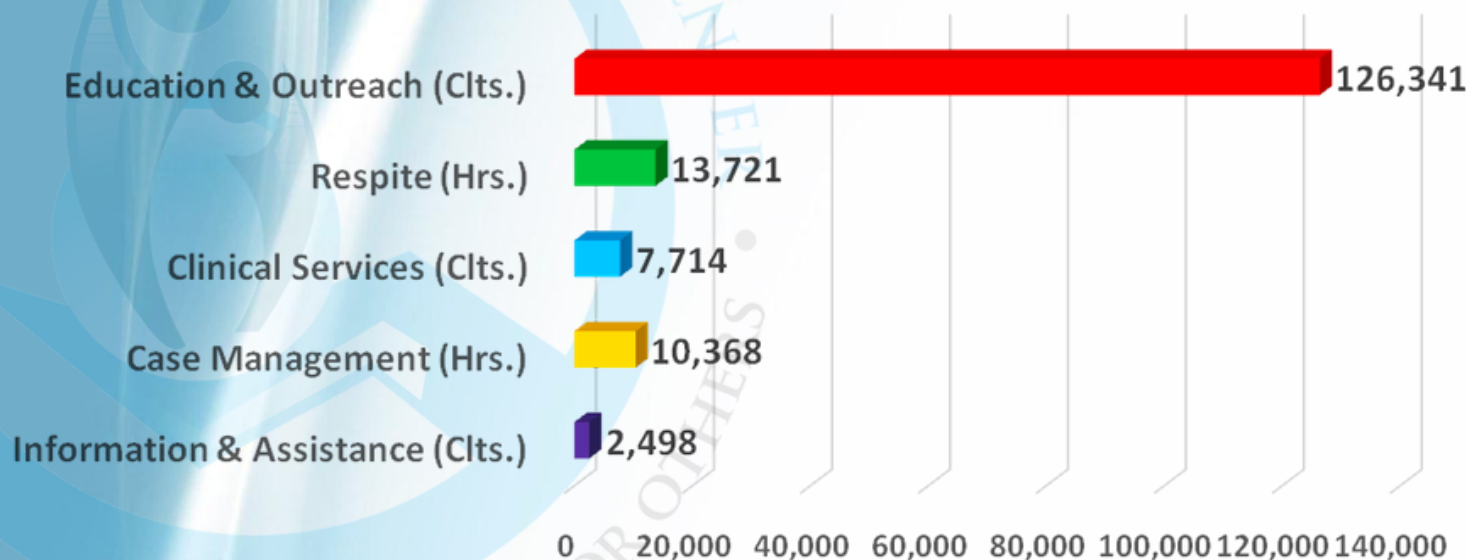
Services include assessments and care planning, on-going family consultation, a six-session counseling program, respite care to help families get a much needed break, legal and financial services, professionally facilitate support groups, caregiver and community education and outreach, and specialized information & referrals. All services are FREE and available in Spanish and English.

Last fiscal year (FY 17-18), SCRC provided over 13,721 hours of respite, 7,714 family caregivers participated in SCRC's clinical services, SCRC's clinical team provided 10,368 hours of case management to family caregivers, specialized information and assistance was provided to 2,498 individuals throughout San Diego County, and 126,341 individuals were reached through community education and outreach.

"Being a caregiver is new uncharted territory for me. At times I feel so alone and ill prepared which can be paralyzing. Your understanding of these roller coaster feelings helps me be a more loving support to my husband. I am just so grateful for you and your wonderful organization. You are a blessing to me." EV - Family Caregiver.

To learn more about SCRC or connect to services, please go to [www.scrc.care](http://www.scrc.care) or call 1-800-827-1008.

### Southern Caregiver Resource Center Programs & Services FY 17-18



# VOLUNTEERS NEEDED!

SCRC is searching for highly motivated individuals to support us in our Administration and Education/Outreach Departments.

Come be a part of a team where you can take pride in knowing that you are making a difference in our community and the people we serve!

If you are interested in volunteering at SCRC, please contact Kami Shevlin, Director of Administrative Services (858) 268-4432 or [kshevlin@caregivercenter.org](mailto:kshevlin@caregivercenter.org)



SCRC has great opportunities for highly qualified individuals seeking to be a part of a great cause. Come be a part of a team where you can take pride in knowing that you are making a difference in our community and the people we serve!

More info at - <https://caregivercenter.org/careers-at-scrc>







## SUPPORT GROUPS FOR FAMILY CAREGIVERS

Southern Caregiver Resource Center offers professionally facilitated support groups for family caregivers. These groups are open and ongoing, free of charge, and registration is not required. Respite may be available for you to attend. Please call Southern Caregiver Resource Center for more information at 1-800-827-1008

## STAY COOL!

- By Martha Rañón  
Director of Government and Community Affairs

It's official! Summer is here! As much as I enjoy walking in the park or hanging out at the beach, staying cool and hydrated is just as important. I have compiled a short list of things to consider when enjoying the summer months.

### WHEN EXERCISING:

- Keep your physical activity to a minimum during the hot hours of the day or better yet, exercise in cool indoor areas.
- Swimming is a cool option.
- Stay hydrated.
- Call a physician if you experience heat-stroke.

### WHEN STAYING HOME:

- Close any blinds or shades to keep the sun out.
- Open windows to cross-ventilate rooms.
- If you do not have air conditioning, use fans to cool you off or take cold showers.
- Try to avoid cooking with the oven. Preparing cold meals or grilling outside in shaded areas might be a better option.

### WHEN GOING OUTSIDE:

- Avoid direct sun. Find shaded areas.
- Wear hats, sunscreen and sunglasses to protect against direct sun.
- Drink as much water as possible and avoid caffeine, alcohol and salt since these might have a negative effect on the body during hot days.
- Air out your cars when getting into them and NEVER leave children, pets or the elderly unattended in a vehicle.

Consider going to a Cool Zone site on hot days.  
For more information visit:

[https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/ais/documents/Cool\\_Zones.pdf](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/ais/documents/Cool_Zones.pdf)

### 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 – 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.

## 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 trainers.

For more information about upcoming classes, please visit our website at [www.scrccare.com](http://www.scrccare.com)

### August 8th

Managing Difficult Behaviors of Dementia

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

### September 12th

Sandwich Generation

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

### October 10th

Successful Mealtime

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

### November 14th

Caring for the Caregiver

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

### December 12th

Successful Bathtime

Visit <http://bit.ly/SuccessfulBathtime> 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.scrccare.com](http://www.scrccare.com)

## CAREGIVING CORNER & MONTHLY FACEBOOK LIVE STREAMS

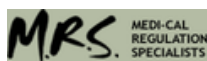
Like our Facebook Page and Subscribe to our YouTube Channel to make sure you are part of our newest video series - "Caregiver Corner". Each & every week a new video highlighting quick and simple tips is added for a comprehensive caregivers guide addressing many of the most common questions, issues and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



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



## BOARD OF DIRECTORS

|                       |           |
|-----------------------|-----------|
| Nancy K. Ewin         | President |
| Cindy Lehman          | Treasurer |
| Roberto Velasquez     | Secretary |
| Tariel Goldstein      | Member    |
| Kimberly R. McGhee    | Member    |
| Angelica Niño-Medlock | Member    |
| Alison Sorley         | Member    |

## SCRC STAFF

|                       |  |
|-----------------------|--|
| Roberto Velasquez     | Executive Director                         |
| Rachel Barnes         | Controller                                 |
| Andrea Cangiano       | Director of Programs & Clinical Services   |
| Martha Rañón          | Director of Government & Community Affairs |
| Kami Shevlin          | Director of Administrative Services        |
| Jenica McKeown        | Clinical Team Lead                         |
| Seraphina Galante     | Family Consultant                          |
| Elizabeth Parks       | Family Consultant                          |
| Rebecca Boon          | Family Consultant                          |
| Russell Zygmunt       | Family Consultant                          |
| Morgan Baker          | Family Consultant                          |
| Catherine Aborn       | Family Consultant                          |
| Dayna McAllister      | Family Consultant                          |
| Amanda Ramirez        | Client Services Coordinator                |
| Miriam Guillen-Ibarra | Care Manager II                            |
| Kristina Franco       | Care Manager                               |
| Carol Ornelas         | Care Manager                               |
| Tanya Solis           | Care Manager                               |
| Blanca Aguayo         | Intake Coordinator                         |
| Erica Reyes-Orozco    | Community Outreach Coordinator             |
| Tzitzikjanik Morales  | Promotora                                  |
| Rosario Reyes         | Promotora                                  |
| Daniel Garcia         | Promotor                                   |
| Leonor Garrison       | Promotora                                  |
| Guadalupe Garcia      | Promotora                                  |
| Rocio Abarca          | Promotora                                  |
| Zuriñe Ortega         | Promotora                                  |
| Malea Santos          | Promotora                                  |
| Jessica Romero        | Operations & Development Coordinator       |
| Maricela Gomez        | OFC & Outreach Specialist                  |
| Kim Fuller            | Community Educator                         |
| Carla Castillo        | OFC Coach - LA County                      |
| Jocelyn Ortega        | Administrative Assistant                   |



## BRAIN EXERCISE

- by Martha Rañón

From the book "Keep Your Brain Stronger for Longer"

Find the answer to each clue. Each answer contains the letters "BAN"

1. A robber or outlaw belonging to a gang
2. A hut or shelter at the beach
3. To break up a group
4. An elaborate and formal meal for many people
5. To give up completely; cease to support
6. An upright structure at the side of a staircase
7. Residential; or dull and ordinary
8. A stringed musical instrument with a long neck and rounded body
9. Lacking in originality
10. To send someone away from a place as an official punishment

Answers: 1. Bandit 2. Cabana 3. Disband 4. Banquet 5. Abandon 6. Banister 7. Suburban 8. Banjo 9. Banal 10. Banish