



Southern Caregiver Resource Center

Caring for those who care for others

Wavelengths

Volume 51, Fall 2012

Demand for Services

Lorie Van Tilburg, Executive Director Southern Caregiver Resource Center

From 2010 to 2020 alone, the 65+ population is expected to increase by 36% (40 million in 2010 to 55 million in 2020), which means there will be an estimated 14.6 million family caregivers nationwide in 2020. Our country is facing an aging population unlike any other time in history, and with a dramatic increase in elderly adults comes an increase in chronic and disabling conditions such as Parkinson's disease, stroke, Alzheimer's disease and other associated dementias.

It's no longer just those with aging loved ones who take on the role of family caregiver. We are seeing younger and younger military veterans come back from war with life-altering conditions, traumatic brain injuries and post-traumatic stress disorder. Young husbands and wives are now caregivers. Middle-aged adults are providing care for their parents AND their children. In the 25 years of operation, there has never been a time where greater caregiver support has been needed!

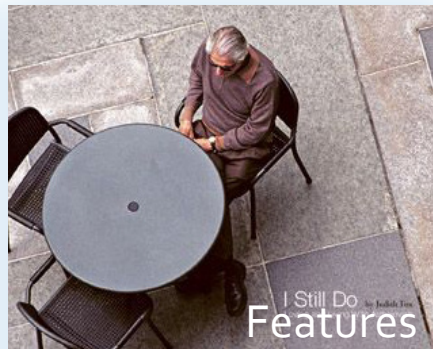
Benjamin Franklin wisely said, "By failing to prepare, you are preparing to fail." As society searches to find solutions to these debilitating conditions, Southern Caregiver Resource Center (SCRC) helps prepare those who feel the impacts of family caregiving on a daily basis. Our commitment is to equip family caregivers with the education, training and emotional support they need to care for themselves, as well as their loved ones.



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Our Mission: To help families and communities master the challenges of caring for adults with chronic and disabling conditions.

Continued...

We have come so far since 1987 and we could not have done it without the support of our friends and colleagues. Just a few short months ago, your advocacy helped keep the California Caregiver Resource Centers in the Governor's proposed budget, avoiding a cut of \$2.9 million in services statewide. Let me be the first to say THANK YOU!!

We aren't done yet. SCRC is launching a campaign to bolster our respite services to family caregivers in San Diego County. Respite is consistently among the top requested services we offer. (Last year, we provided over 10,000 respite hours!) In response to the steadily increasing demand for respite, we are pleased to announce the launch of the 2012 Respite Challenge. You can read more about our challenge and some amazing individuals helping to make it happen on pages 6 & 7.

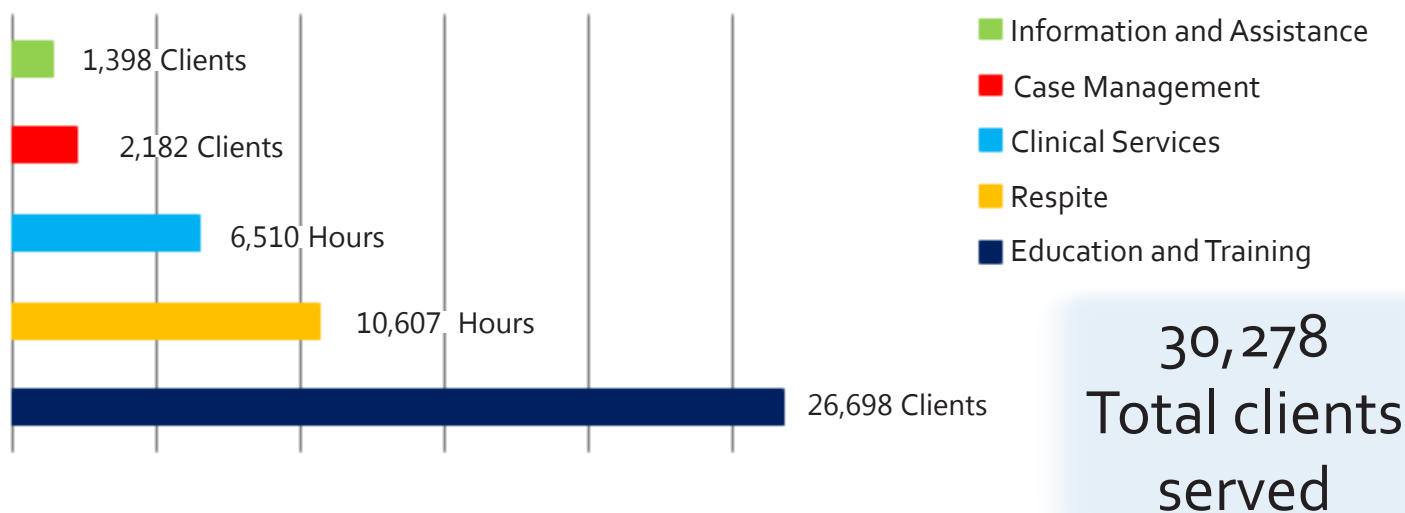
Once again, thank you for your generous and continued support over the years! It seems like just yesterday we were celebrating our 25th Anniversary, dancing the night away at the San Diego Marriott Del Mar. As our 25th year ends we are looking forward to what year 26 has in store.

Did you Know...

Families are the number one resource for adults needing care due to disabling conditions such as stroke, head trauma, Multiple Sclerosis, Parkinson's, Alzheimer's disease and other degenerative disorders?

San Diego County alone is home to an estimated 650,000 family caregivers. Most caregivers are unprepared for their role and suffer from stress-related health problems. SCRC, along with its community partners, serves an average of 30,000 clients annually with services like personalized family consultations and case management, short-term counseling, support groups and respite. To learn about some of our innovative services, turn to pages 4 & 5.

Southern Caregiver Resource Center Services Provided FY 2012 (July 1, 2011-June 30, 2012)



Caregivers Making a Legislative Difference!

By Alejandra Ceja-Aguilar, Director of Education and Outreach

UPDATE

One of our goals at Southern Caregiver Resource Center is to see lasting change take place via laws and programs that support and protect family caregivers. On June 7th, I was fortunate to share a remarkable experience with two caring and dedicated family caregivers, Anthony Martinez and Luciana Villanueva. In addition to being family caregivers, Luciana and Anthony are active caregiver advocates. We traveled to Sacramento as part of the Mobilizing Caregiver Advocacy project so Anthony and Luciana could share their stories with California lawmakers and advocate for the continuation of state funding to the California Caregiver Resource Centers.

Luciana and Anthony traveled up and down the Capitol corridors, knocking on dozens of office doors of state Senators and Assemblymembers to share candidly about their caregiving stories and emphasize the value of caregiver support services. They were amazed by the number of people who not only took the time to listen, but also share their own caregiving experiences. "As we approached the State Capitol, we found others in the caregiver family. It was so refreshing!" Luciana said. "As a caregiver, I tend to think that my family is the only one struggling with this issue."

In addition to the legislative visits, we attended an informational hearing of the California Commission on Aging and the California Collaborative for Long-Term Services and Supports, focusing on the needs of seniors residing in rural areas throughout California. "The information we heard here makes me want to go back to San Diego and create real change," said Anthony, who is actively involved in researching and advocating for respite programs in San Diego County.

"We have a story to share. A powerful story that we're committed to sharing so other caregivers can receive the help they need," Luciana said. You can also help make a difference by sharing your story with those around you and advocating for the mental health needs of family caregivers, which helps reduce the stigma of accessing support services.

To learn more about the Mobilizing Caregiver Advocacy project, please contact Alejandra Ceja-Aguilar, Project Director, at (858)268-4432 or aceja@caregivercenter.org.

This project is made possible by a generous grant from the SCAN Foundation, awarded to Southern Caregiver Resource Center. For more information on the SCAN Foundation, visit www.TheSCANFoundation.org.



Alejandra Ceja-Aguilar, Anthony Martinez and Luciana Villanueva

Supporting Our Military Families

By Roberto Velasquez, Director of Business & Strategic Development

FEATURE

When you hear the word “caregiver,” what comes to mind? I imagine for most of us, it’s the image of an elderly person caring for their spouse. Or the image of someone entering retirement age who’s caring for an ailing parent. I imagine our first association isn’t a young man or woman in their 20’s, newlywed, with young children perhaps. Or even that the person entering retirement age would be caring for a child rather than a parent.

The face of a family caregiver is changing rapidly in our society, due in large part to the high volume of young veterans coming home from the Iraq and Afghanistan wars with Traumatic Brain Injuries (TBIs) and post-traumatic stress disorder (PTSD). PTSD was thrust into the limelight of our society in 1980 following the Vietnam War and affects at least 1 in 5 Iraq and Afghanistan veterans¹. TBIs are also commonplace in the military today and have been nicknamed in some circles as “the signature wound of Iraq and Afghanistan wars.”

From 2002-2012, nearly 1.5 million service members became veterans, and another one million troops are expected to leave active duty and join the veteran ranks over the next five years. The distinct nature of veterans’ illnesses and injuries drives different caregiving needs and challenges including²:

- Veteran caregivers are twice as likely to experience high levels of caregiving burden compared to the national average (65% vs. 31%)
- 2/3 of veteran caregivers reported not knowing where to turn for respite services
- 41% of veteran care receivers are between the ages of 18-54
- More than a quarter of veteran caregivers are parents providing care to a child (26%)



The statistics could go on and on, and our team at Southern Caregiver Resource Center (SCRC) seeks to address the unique needs of veteran caregivers. The nation’s highest population of active duty and retired military personnel, plus their dependents, reside in San Diego. A June 2012 study from the U.S. Department of Veterans Affairs also reports the highest percentage of Iraq and Afghanistan veterans call our city home (30,000). We have a great duty to ensure these family caregivers receive our services, and studies show that as many as 73% of veteran caregivers who have had access to services similar to SCRC’s find them useful².

Our agency is actively involved in veterans’ issues when it comes to caregiver support services. Our executive director, Lorie Van Tilburg, has testified as an expert witness on the needs of family caregivers before the Department of Defense and the Veterans Administration at the Pentagon in our nation’s capital. We also work with the local VA’s office to make sure veteran caregivers have access to the support services they need and are actively working to develop best practice programs for our veteran caregivers. If you or someone you know is a veteran caregiver and could use our services, contact us at (800) 827-1008 or scrc@caregivercenter.org.

Veteran caregivers report² wanting the following services-all of which SCRC offers!

- ✓ Respite and relief
- ✓ Information and training on how to perform caregiver tasks effectively and safely
- ✓ Information and training on how to care for themselves
- ✓ Support groups
- ✓ Counseling
- ✓ Single care manager

¹Berglass, Nancy and Harrell, Dr. Margaret C; Losing the Battle: The Challenge of Military Suicide; Center for New American Security Policy Brief, 2011.

²“Caregivers of Veterans- Serving on the Homefront”; National Alliance for Caregiving and United Health Foundation, November 2010.

REACH Program Expanding to Serve more Latino Caregivers

By Kurt Buske, Associate Director

SCRC's REACH (Resources for Enhancing Alzheimer's Caregiver Health) programs, CALMA and CUIDAR, are evidence-based interventions designed specifically for Hispanic caregivers of individuals with Alzheimer's disease or related dementias living in South San Diego. 30% of San Diego's population is Latino, and current studies show this demographic may be at a higher risk for developing Alzheimer's disease and other associated dementias. The prevalence of Alzheimer's disease among Latinos in San Diego County alone is expected to increase by 188% between now and 2030.

We are excited to see that program data is indicating that the CALMA and CUIDAR programs are having significant impacts with clients including reduced depression, reduced stress, and increased ability to cope with care receiver memory and behavioral problems. Our post-intervention assessments also show that more than 98% of caregivers who completed the survey "agree" or "strongly agree" that they now know where to receive the support and information they need and feel better equipped to handle their caregiving situation.

As of August 1, 2012, SCRC has an additional REACH satellite office at the Norman Park Senior Center in Chula Vista.

An additional Care Manager and Promotora have also been added to our team!

One CUIDAR participant shared she felt incompetent in her caregiving role prior to the REACH intervention, causing her to "sacrifice [her] own life, activities and withdraw from people." After receiving her training, she said, "I have learned how to better cope with my current situation, to have patience, learned relaxation, breathing and stretching exercises, and the importance of doing pleasant activities (for myself). I definitively recommended this program for those persons that need help."

Dr. Dolores Gallagher Thompson, who helped design the REACH model, said, **"At present, there are no other REACH interventions in the nation that are targeting the unique caregiver needs of Latino families coping with Alzheimer's disease. (SCRC) are true trail-blazers in this regard."** To learn about receiving our CALMA and CUIDAR services, contact us at (800) 827-1008 or (877) 303-7037 para Español.

REACH partners include San Ysidro Health Center and La Maestra Community Health Centers.

CALMA AND CUIDAR BY THE NUMBERS

3-The number of years CALMA and CUIDAR have been in service

350 Hispanic caregivers have graduated from the CALMA and CUIDAR programs since inception

5,000 people have received outreach and educational services from our REACH Promotoras (peer counselors)

17,511 Hispanic/Latinos living in San Diego County are expected to have Alzheimer's disease in 2030



REACH Care Managers: Zulema Casiano, Elizabeth Saldaña and Miriam Guillen-Ibarra

The CALMA and CUIDAR programs are funded by the County of San Diego Health & Human Services Agency, Behavioral Health Services (MHSA/OA PEI).

Respite Challenge: Leading By Example

CHALLENGE

Larry Vigdor and his wife Sandy were married two months after she graduated high school and had been together for the past 57 years*. Nearly six years ago, Sandy was diagnosed with Alzheimer's disease.

Larry considers himself to be one of the lucky ones. One of the lucky caregivers who not only had long-term care insurance, but who has four children and eight grandchildren who would come to assist him at the drop of a hat, as well as the camaraderie of a support group he affectionately calls the 'comedy club.' A 24/7 care service was brought in for extra support in July 2012.



Sandy and Larry Vigdor

Even with all the help he received, Larry confessed that being a primary caregiver for a loved one was overwhelming. He talked candidly about the exhaustion he's experienced personally and witnessed in his support group. Larry shared that, in recent months, the group of usually upbeat people had been expressing anger, confessing the desire to "drop their family member off at the curb and drive away," and mourning the loss of their retirement and futures together. Larry said, "I look around and see the faces (of my support group). We used to joke amongst ourselves, but over the months I am seeing the toll it's taking on them."

And that is when Larry decided something had to be done.

"Something's got to be done to give caregivers one hour, two hours, three hours to get away."

"Something has got to be done to give caregivers one hour, two hours, three hours to get away. It's just so overwhelming," said Larry. So, he wrote 40 of his childhood friends saying, "I need help. Not for me and Sandy, but for these unknown caregivers." He asked them for money to start a respite fund and was overwhelmed as the checks rolled in.

Larry wasn't sure what he was going to do with the money, or how he would even get it to the caregivers he wanted to help. After collecting money on his own, Larry discovered Southern Caregiver Resource Center (SCRC) and decided to form a partnership based on the comprehensive services offered to family caregivers, including support groups, counseling and respite services.

Sandy's Alzheimer's Respite Fund has raised more than \$6,000 so far and isn't slowing down anytime soon. Larry believes in the cause, wants to share the opportunity with others and said he will do whatever it takes to get even pennies to support family caregivers. "We are so inspired by people like Larry," said Lorie Van Tilburg, Executive Director of Southern Caregiver Resource Center. "His generosity and drive to help his fellow caregivers is really astounding." The Sandy's Alzheimer's Respite Fund is just one of several accounts that will be used as a matching fund in our fall Respite Challenge.

** Southern Caregiver Resource Center is deeply saddened to share that Sandy passed away on August 3, 2012. Our hearts go out to Larry and the Vigdor family. The Sandy's Alzheimer's Respite fund will continue in Sandy's memory and courageous struggle against this illness.*

ARE YOU UP FOR THE CHALLENGE?

Larry, Ken, the Lopez Family and the Tates are!

RESPITE
CHALLENGE 2012



Ken has dedicated his time, treasures and talents to Southern Caregiver Resource Center (SCRC) for the past 14 years. In 1998, Ken helped launch the first male-only support group, which remains popular today, and has been actively involved with SCRC ever since. When Ken heard about our current Respite Challenge, he was eager for the opportunity to give back, recalling when he first received SCRC's respite services. "Back then (1998) there was, well there is still today, more people who need respite services than there are providers," Ken said. "I've always been very sensitive to the need and urgency." Thank you Ken for your continued support and dedication to family caregivers in San Diego!

Neither John or Cheryl Lopez have needed SCRC's services, but they were compelled to support the organization when a good friend shared SCRC's vision to care for the family caregiver. "There are a lot of people who can't afford a paid caregiver. We wanted to make sure there was someone there to care for those family members," said John. Thank you John and Cheryl of J&C Carpet Company!



Bill Tate and Laurie Edwards-Tate have been partnering with SCRC since the start more than 25 years ago. "As a homemaker, I know firsthand the importance of support in the home," said Laurie, President and Founder of At Your Home Familycare. "We frequently see caregivers' own health and emotional well-being being compromised. Respite is critical." Bill and Laurie are passionate about the mission and work of SCRC. Thank you Bill and Laurie for your commitment to family caregivers!

Getting Involved...

Please join Larry, Ken, the Lopez family and the Tates by giving back to Southern Caregiver Resource Center by pledging to take part in our **2012 Respite Challenge**. Our goal is to raise **\$50,000** for respite services by December 31, 2012. We have received \$18,000 in matching funds. So, when you donate now, your money has twice the impact!

Your \$25= \$50
Your \$100= \$200
Your \$500= \$1,000

You can also help us reach our \$50,000 goal by spreading the word about the challenge (like Larry) to your friends, family members and co-workers who may want to get involved! **Take part in the 2012 Respite Challenge by using the donation form at the back of our newsletter, or go to our website, www.caregivercenter.org, and click the "Donate" tab.**

SCRC Support Groups

Adult-Child as Caregiver Support Group

When: 2nd and 4th Thursday of every month
 SCRC Office, 3675 Ruffin Rd., Ste. 230, SD 92123
 Facilitator: Elizabeth Saldaña, IMFT (5:30 PM - 7 PM)

Clairemont Caregiver Support Group

When: 2nd and 4th Wednesday of every month
 Live Well San Diego, 4425 Bannock Ave., SD 92117
 Facilitator: Adrienne Burnette, Ph.D., MFT (1:30 PM - 3 PM)

Rancho Bernardo Caregiver Support Group

When: 1st and 3rd Thursday of every month
 The Remington Club, Multi-Purpose Room,
 16925 Hierba Dr., SD 92128
 Facilitator: Adrienne Burnette, Ph.D., MFT (5:30 PM - 7 PM)

Fallbrook Caregiver Support Group

When: 4th Thursday of every month
 Fallbrook Healthcare Foundation, Pittinger House
 135 South Mission Rd., Fallbrook 92028
 Facilitator: Marianna Randolph, LCSW (10 AM - 11:30 AM)

Huntington's Disease Caregiver Support Group

When: 4th Monday of every month
 Scripps Mende Well Being (University Town Center)
 4305 La Jolla Village Dr., Suite L-5, SD 92122
 Facilitator: Andrea Cangiano, LCSW (6 PM - 8 PM)

Multiple Sclerosis Caregiver Support Group

When: 3rd Thursday of every month
 SCRC Office, 3675 Ruffin Rd., Ste. 230, SD 92123
 Facilitator: Seraphina Galante, MSW (6:30 PM - 8 PM)

Legacy Circle

The Legacy Circle is a special group of individuals who have made a bequest or lifetime gift to Southern Caregiver Resource Center (SCRC). These very important friends have chosen to leave a lasting legacy 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. If you need more information about the various options and how it will benefit you personally, please contact Roberto Velasquez,

Director of Business & Strategic Development, at
 (858) 268 -4432 or rvelasquez@caregivercenter.org.

Caregiver Classes

Caregiver Coalition's "Fall Prevention" Caregiver Conference 9/28

8:30am-1:00pm
 First United Methodist Church
 2111 Camino del Rio South San Diego, CA 92108

Rest, Relax and Rejuvenate: Stress Management for Family Caregivers 10/3

9:30am-2:30pm
 War Memorial Building
 3325 Zoo Drive San Diego, CA 92101

Caregiving Through the Holidays 10/9

1:30pm-2:30pm
 Silvergate Retirement Residences & Alzheimer's Suites
 1550 Security Place San Marcos, CA 92078

Communicating with Someone Who is Cognitively Impaired 10/10

11:30am-2:00pm
 Silverado Senior Living Encinitas
 335 Saxony Road Encinitas, CA 92024

Managing the Emotional Aspects of Caregiving 10/16

11:30am-2:00pm
 Silverado Senior Living Escondido
 1500 Borden Road Escondido, CA 92026

Caregiving Through the Holidays 10/24

1:30pm-2:30pm
 Silvergate Retirement Residences & Alzheimer's Suites
 420 Elbrook Drive Fallbrook, CA 92028

Caregiver Coalition's Conference for Adult Children as Caregivers 10/26

9:00am-12:30pm
 San Diego City College, Faculty Dining Room
 1313 Park Blvd San Diego, CA 92101

"Caring for Loved Ones with Dementia" Caregiver Conference 10/27

9:00am-2:00pm
 Scripps Memorial Hospital Encinitas Conference Center
 354 Santa Fe Drive Encinitas, CA 92024

Dementia Care-It's a Family Affair 11/14

1:30-2:30pm
 Silvergate Retirement Residences & Alzheimer's Suites
 420 Elbrook Drive Fallbrook, CA 92028

Community Resources for Cancer Patients and Caregivers

By UCSD South Bay Cancer Center

Being a caregiver for a loved one during their battle with cancer can be both rewarding and difficult. Between going to doctor's appointments and taking notes for them, helping with errands and spending quality time together, the caregiver role is an important and often time-consuming one. We know how important it is for caregivers to take care of themselves. Here at UCSD Medical Center, we are making sure to do our part to support cancer patients and their caregivers as they battle cancer with strength and courage.

In order to better serve the more than 300,000 community members in San Diego's South Bay, we opened a second satellite center from the UCSD Moores Comprehensive Cancer Center in La Jolla nine years ago on July 1, 2001. At our Eastlake location, the UC San Diego Radiation Oncology has been able to supply a vast amount of resources from free weekly breast and cervical screening clinics, to our highly skilled clinicians and latest technologies in cancer treatments.

We've also recently formed a partnership with the Cancer Center Network of Healing to help cancer caregivers receive the emotional support they need. Through the Cancer Center Network of Healing, caregivers have access to:

- Support groups held every third Monday of the month for cancer caregivers
- Monthly "Open Door Forums," which are educational presentations for cancer patients, their families and caregivers
- A community calendar of events for cancer patients and their caregivers to take part in yoga, meditation, reflexology and other classes



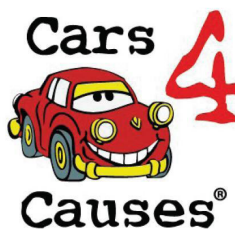
Dr. Gina Mansy

Every Wednesday from 9a.m. to 1p.m., UCSD South Bay Cancer Center also sponsors a free breast and cervical screening event at the El Latino Magazine headquarters in west Chula Vista. It has been a very important program that began in July 2010, and has screened more than 3,500 women in San Diego County during the course of these past two years. Our Medical Director, Dr. Gina Mansy, is a major advocate for this program and has 17 years of experience in taking care of cancer patients, especially women. On the subject of screening and prevention, Dr. Mansy said, "Screening saves lives; the sooner we can detect the cancer the better the odds to cure it."

If you have any questions about our services, we are here to help. You can reach the South Bay Cancer Center at southbay@ucsd.edu. For more information on the Cancer Center Network of Healing services, contact Oscar Medina at omedina@ccnoh.org.

UC San Diego
HEALTH SYSTEM
Radiation Oncology

is proud to be a Year-Round Corporate Partner of Southern Caregiver Resource Center and sponsor of this 2012 Fall edition of Wavelengths.



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Caregiver Nourishment: Setting Boundaries

By Alejandra Ceja-Aguilar, SCRC Director of Education and Outreach

Many family caregivers mention the most challenging part of being a caregiver is the emotional impact it has on their lives. Caregivers often experience joy, anger, sadness, frustration and, most commonly, guilt. Overcoming feelings of guilt can be challenging, as guilt often feels like failure due to unrealistic expectations.

Caregivers often feel the burden to say “yes” to every request made by their loved one, even if it comes at the expense of their own health and well-being. Plans with family and friends are sacrificed, personal meetings and appointments are pushed back, you fall further and further behind on your “to do’s” because your priority becomes their “to do’s.”

The most challenging part of this relationship is that, often times, the care receiver knows you will say yes because you always do. We build patterns of behavior over the course of our lives that can be difficult to change. However, setting limits will help you better care for yourself and become a better caregiver.

To help set healthy boundaries, practice the following techniques:

1. Acknowledge it’s time to set boundaries. Are you constantly feeling tired, overwhelmed or frustrated? Do you find yourself at the dinner table answering every phone call? Do you have a difficult time saying “no”? If you have answered yes to one or all of these questions, it’s time to set limits.

2. Develop a care plan. Caregivers rarely ask themselves what THEY need. Do you need help with caring for your loved one and/or managing the emotional aspects of caregiving? Or learning how to communicate with your care receiver? If you have a hard time identifying where you need help, call your Family Consultant at SCRC who can guide you through this process and develop a plan. Identify possible solutions and choose the one that best meets your needs. Maybe you will consider or discover something you hadn’t thought of before.

3. Ask for and accept help. Write down all of the ways others could help you and request it in a simple and

specific manner such as: going to the doctor, picking up prescriptions or delivering groceries. People around you won’t know you need help if you don’t tell them. Avoid assuming others won’t help, many people may want to help but don’t know you need it.



4. Make small changes. Small changes are easier to achieve and maintain than dramatic changes. Big changes become overwhelming, causing you to quit. When you’re able to maintain a small change, you will be more likely to succeed long-term.

5. Say “NO” more often. Even though saying “no” may seem harsh, it will help you and your loved one establish a healthy relationship of mutual respect. To start saying “no,” it may be necessary to let go of some of those “shoulds” that often come from familial, social and/or cultural expectations.

For example, the next time your loved ones calls for an immediate request, pause before responding. Is this an emergency? If not, ask to reschedule for a date that coincides with your availability. This way, you are not saying “no” to every request, but saying “yes” to a date and time that works for you. If your loved one is upset, or if you feel guilty for saying no, YOU will have to give yourself permission to feel guilty as you enjoy a well-deserved break! Taking care of your own needs is not an act of selfishness; it allows you to be an effective caregiver.

In all of this, you may want to consider attending a support group or seeking professional counseling. You are not alone in your feelings of guilt and seeking support can help you understand these feelings are normal. Community resources will empower you to focus on realizing how far you’ve come.

Keys to Successful Boundaries:

1. Acknowledge it’s time to set boundaries
2. Develop a care plan
3. Ask for and accept help
4. Start with small changes
5. Say ‘no’ more frequently



Standing left to right: Lorie Van Tilburg, Kurt Buske, Adrienne Burnette, T  r  se B  langer, Karen Samenow, Lucy Hernandez, Karin de Baay, Donna Farquar. Seated: Marsha Vanetsky, Nancy Jungling, Donna Bloomer, Maxine Custer.

Space of Beauty – Artist Recognition

By Lorie Van Tilburg

In 2005, SCRC launched the Space of Beauty journaling program. In 2007, MetLife awarded SCRC the "Innovation Award" for Space of Beauty. Today, under the talented leadership of T  r  se B  langer and Karin de Baay, nine volunteer artists create beautiful individualized journals for caregivers. These journals are not only works of art, they help caregivers move through their caregiving journey, as they write down their thoughts, concerns and dreams. Each journal contains prompts unique to each caregiver to help inspire their journaling. A big thank you to all of our artists that help make a Space of Beauty so special.

Judith Fox

I Still Do: Loving and Living With Alzheimer's

"The more our journey went on, the more I realized how isolated caregivers feel"

In 2009, artist Judith Fox published her book, *I Still Do: Loving and Living with Alzheimer's*, which chronicles her husband's journey with the disease through a series of photographs and commentary by Fox. It was suggested to Fox that she "not bring in Alzheimer's to the book because publishers don't like to cross-market books and Alzheimer's is a difficult subject to sell," she recalled. "People are uncomfortable with it."

However, Fox knew the importance of giving Alzheimer's patients and caregivers a voice. Since the release of her book, Fox has become a recognized figure in advocating for Alzheimer's awareness and education in the United States and abroad.

You can purchase Judith's book on Amazon.com.





Southern Regional Resource Center Inc. dba

Southern Caregiver Resource Center

Caring for those who care for others

Wavelengths

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Volume 51, Fall 2012



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(858) 268-7816 Fax

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Please make check payable to SCRC and send to:
3675 Ruffin Road, Suite 230, San Diego, CA 92123
You may also contribute online by visiting our website at:
www.caregivercenter.org

☐ I wish to be recognized in the SCRC newsletter ☐ I have included SCRC in my will
☐ I wish to remain anonymous

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