



WAVELENGTHS

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LETTER FROM EXECUTIVE DIRECTOR ROBERTO VELASQUEZ

"Every day, the nation's 650,000 social workers act as advocates, champions and leaders who make our society a better place to live."
(<https://www.socialworkers.org/News/Social-Work-Month>) 

At SCRC, Social Worker Month is an opportunity to highlight the important work and contributions our social workers (referred to as Family Consultants and Care Managers) have with the families we serve.

Every day, SCRC's clinical team work with individual family caregivers to help them develop plans and skills to provide optimum support to their family members that are living with chronic and disabling conditions. They help families develop short and long-term care plans, they provide on-going consultation, they teach and coach family caregivers through emerging challenges, they provide therapeutic counseling, authorize respite services to give families a much-needed break, and facilitate support groups. Last year, SCRC's clinical team provided over 11,600 hours of case management, provided clinical services to over 4,000 clients and provided over 9,200 hours of respite services.

But numbers alone do not begin to highlight the impact our clinical team has in our communities. So, in honor of Professional Social Worker Month, I am proud to share with you some quotes from families that have worked with our clinical team.

"My wife has Alzheimer's. I am writing to acknowledge how thankful and appreciative we are for the wonderful care we have received from the people at SCRC. The consultant was very knowledgeable and helped us receive temporary relief. It has meant a great deal to us. It provided me relief and has done wonders for my wife's spirit. Our lives are a little less stressful." RD - Family Caregiver

"Your professional, friendly manner put me at ease and I especially appreciate your knowledge and expertise in caregiving and the many challenges we face. I'm so fortunate you're the individual I got to see. You listen with your heart and you care about helping others. I am grateful to you. I now feel validated and hopeful." MJ - Family Caregiver

"Thank you for your help in finding resources, answering questions and offering support; it allowed me to care for my husband at home until the end." KB - Family Caregiver

I want to thank our clinical team, and all our professional and amazing staff at SCRC, for their fantastic work helping us "care for those who care for others."

For more caregiver stories visit SCRC.CARE 

WATCH "A CAREGIVER'S LOVE STORY" 

WATCH "AN OPERATION FAMILY CAREGIVER'S TESTIMONY" 

If you are living with or providing support to an adult with a chronic and disabling condition and/or cognitive disorder, please contact us at (800) 827-1008 or visit our website at www.scrc.care

WHAT'S INSIDE?

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STATE SENATOR
JOEL ANDERSON

NEW CAREGIVER
CORNER VIDEOS

"LET'S TALK
CAREGIVING"
PODCAST



Roberto Velazquez - Executive Director
Southern Caregiver Resource Center



SCRC LAUNCHES SOUNDS OF SUMMER BENEFIT CONCERT BY ROBERTO VELASQUEZ, SCRC EXECUTIVE DIRECTOR

I'm excited to announce that SCRC will host our first ever Sounds of Summer Benefit Concert on Saturday, August 25TH, 2018 at the House of Blues in Downtown San Diego. The benefit concert will replace our Bastille Day Celebration which is being retired after 25 years as SCRC's annual fundraiser.

The Sounds of Summer Benefit Concert is our way of appealing to a larger community of family caregivers. San Diego County is home to over 407,000 family caregivers that live with and/or provide support to frail older adults and individuals with chronic and disabling conditions such as Alzheimer's disease, Parkinson's disease, stroke, heart disease, and other diseases and conditions. While the "typical" caregiver tends to be female, working outside the home, providing care to an older relative and caring for young children in the home ("sandwich generation"), Millennials and Generation Xers are now nearly one quarter of the caregiver population; and in need of support services.

The Sounds of Summer Benefit Concert is SCRC's way of bringing together family caregivers of all ages, businesses, community leaders and music lovers to raise awareness about the needs of families, while enjoying live entertainment from talented bands in a fun atmosphere (Downtown Gaslamp). So, make it a date night and join us at the concert!



TOLAN SHAW



The Sleepwalkers



HIRIE

VIP RECEPTION
6PM - 7PM



**SCRC SOUNDS OF SUMMER
BENEFIT CONCERT**

HOUSE OF BLUES DOWNTOWN SAN DIEGO
1055 5TH AVE, SAN DIEGO, CA 92101

LIVE PERFORMANCES BY
HIRIE
TOLAN SHAW, THE SLEEPWALKERS

FOR MORE INFORMATION OR TO PURCHASE TICKETS VISIT SCRC.CARE

TICKETS
AND MORE
INFO

CLICK HERE

**AUG
25TH
7PM**

THE LEGACY CIRCLE

- Roberto Velasquez



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). To join these very important friends, simply inform SCRC that you have included them in your estate plan.

For more information, contact Roberto Velasquez at (858) 268-4432 or rvelasquez@caregivercenter.org

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

Reasons people give through estate plans include:

- Want to support the charity
- Like how non-profit will use their gift
- Reduce their taxes
- Lasting memorial for someone
- Feels good

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



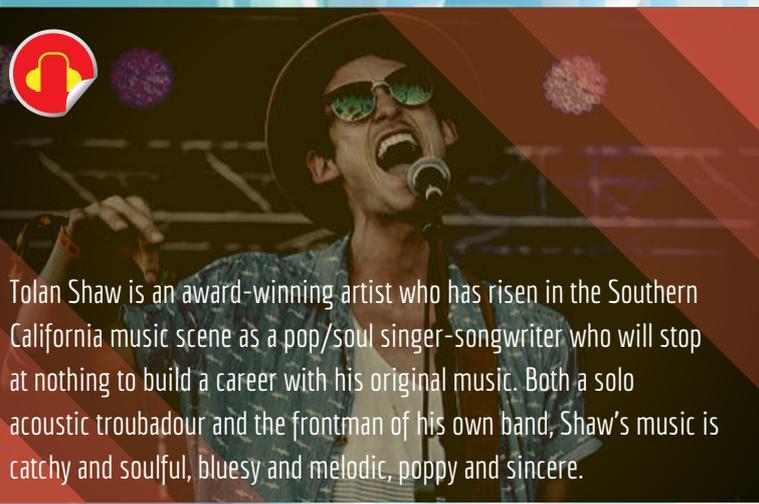
Maximize the Value of Your Gift

Southern Caregiver Resource Center has teamed up with Cars2Charities! Anyone interested in donating their old car or boat can contact Cars2Charities and they will pick it up at no cost to you. When your vehicle or boat is sold, the proceeds from the sale will benefit SCRC. They make the process as convenient as possible for the donors.

To learn more about Cars2Charities and to donate your vehicle or boat to SCRC, visit the Cars2Charities website or call them at (858) 520-2100




Female-fronted reggae rockers Hirie were nominated Best World Music at the 2018 San Diego Music Awards. Their sophomore album *Wandering Soul*, released in summer 2016, was preceded by a single for "You Won't Be Alone." The album debuted at number one on the iTunes Reggae Chart and climbed as high as number 39 overall on iTunes.

Tolan Shaw is an award-winning artist who has risen in the Southern California music scene as a pop/soul singer-songwriter who will stop at nothing to build a career with his original music. Both a solo acoustic troubadour and the frontman of his own band, Shaw's music is catchy and soulful, bluesy and melodic, poppy and sincere.




The Sleepwalkers have been playing authentic Americana roots rock since 1992. They specialize in original American music styles ranging from blues, country, Tex-Mex, Cumbia, and their own brand of roots rock.



CARING FOR THE CAREGIVER

EL CAJON WORKSHOP WITH STATE SENATOR JOEL ANDERSON

On February 23, 2018, Southern Caregiver Resource Center hosted another successful Caring for the Caregiver workshop in El Cajon. CA State Senator Joel Anderson who has spoken about the challenges of being a caregiver, collaborated with SCRC on this free community event. Those in attendance were able to learn from experts on specific topics related to caregiving, get connected to services and learn about community resources available. We are very grateful to Senator Anderson and his office for their continued support to SCRC!



Martha Rañón with CA State Senator Joel Anderson

A huge shout out to Southern Caregiver Resource Center for another successful workshop. Today's "Caring for the Caregiver" workshop gave our caregivers the opportunity to learn from the experts, ask questions, access community resources, and connect with other caregivers.

- CA State Senator Joel Anderson



[View previous workshop live streams](#)



SOUTHERN CAREGIVER RESOURCE CENTER

Presents:

CARING FOR THE CAREGIVER WORKSHOP



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.scrs.care

April 11th

Making the most of you doctor's visit

May 9th

Holding a family meeting

June 13th

Understanding Alzheimer's & Dementia

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 scrsc.care

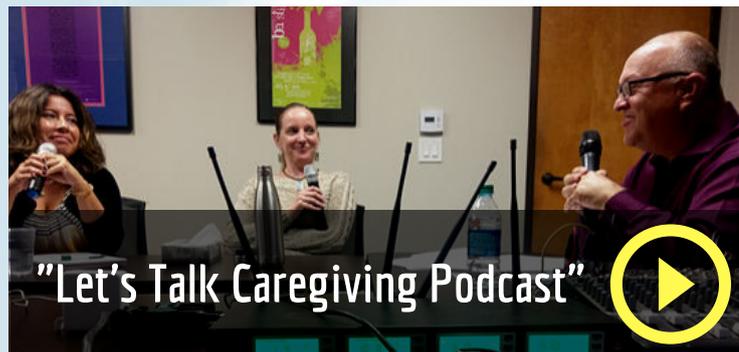
April 20th - Logan Heights Branch Library

"Caring for the Caregiver" with Council Member David Alvarez. We invite you to attend this FREE informational workshop. Come and learn about various topics relevant to caregivers, get answers to your most important questions, improve your ability to communicate and acquire new techniques that will help you maintain better health. There will be guest speakers, community resources, refreshments, and opportunity drawings.

Friday April 20th 10am - 12:30pm
Logan Heights Branch Library
567 S.28th Street San Diego, CA 92113
register at <http://bit.ly/LoganHeightsCare>

NEW WEEKLY CAREGIVER CORNER SERIES & MONTHLY "LET'S TALK CAREGIVING" PODCAST

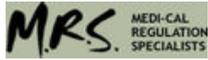
Like our Facebook Page and Subscribe to our YouTube Channel to make sure you are part of our newest video series - "Caregiver Corner". Each & every week a new video highlighting quick and simple tips is added for a comprehensive caregivers guide addressing many of the most common questions, issues and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



"Let's Talk Caregiving Podcast"

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

Thank you to our Year Round Corporate Partners



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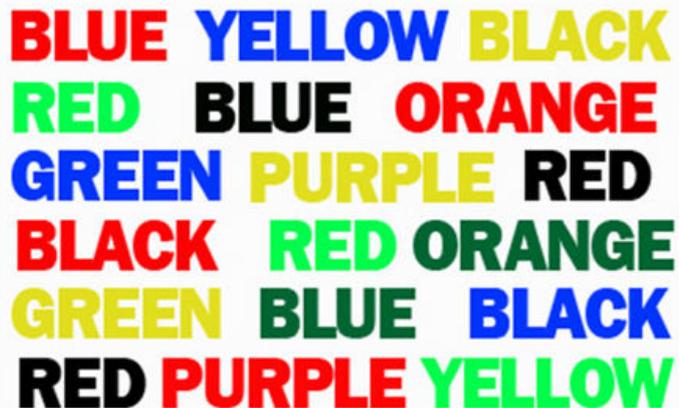


BRAIN EXERCISE

- by Martha Rañón

It's amazing what our brains can do! As we navigate life, we are constantly being bombarded with stimulus and information. Our brain is equipped with the ability to process a multitude of sensory experiences and react quickly to them by using perception. Perception, is the brain's ability to multitask and respond to changing situations. Moving beyond the traditional brain exercises, like crossword puzzles and card games I challenge you to try this brain exercise to give your brain a boost and help you stay mentally fit.

Color Test: Look at the chart below and say the COLOR not the word.



What's happening: Left Brain vs. Right Brain Conflict Your Right Brain tries to say the color, but your Left Brain insists on reading the word.