



WAVELENGTHS

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GOVERNOR'S BUDGET AND WIN FOR CAREGIVERS IN THE STATE

By Roberto Velasquez, Executive Director

We did it! California Governor Gavin Newsom APPROVED our request to expand and improve services for family caregivers across the state of California! The \$30 million (\$10M/year over the next three years) will be disseminated between the eleven (11) CRCs (California Resource Centers) throughout the state (SCRC is one of these CRCs). With this budget increase, the CRC system will upgrade and expand services to meet the increasing needs of caregivers.

The funds will enable the CRC's to implement a HIPAA-compliant electronic platform system to better serve the complex needs of family caregivers in multiple languages. The technology will include telehealth capabilities, including a client service dashboard with a secure messaging system.

In addition, the funds will help the CRC's across the state to increase valuable services such as family caregiver assessments and care plans that address the unique needs of families, increase family consultation and counseling services, increase specialized information dissemination and delivery of evidence-based programming, increase legal and financial consultations and increase respite dollars to help provide relief to family caregivers.

- *The \$30 million increase will expand and improve services for family caregivers across the state of California!*
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The profile of today's caregiver is changing. Family caregivers are getting younger (GEN Xer's and Millennials), more diverse and the majority are employed outside the home- as noted in the Emerging Generation of Family Caregivers report by AARP. Nevertheless, the general needs of caregivers remain the same (e.g. assessment of needs, care plans with case management and coaching, counseling services, training and education, emotional support and relief from caregiving duties through respite). However, the way services are delivered need to adapt to be inclusive of our older and younger family caregiver generations. The increased funds help the CRCs shift service delivery to reflect these changes and bring services directly to caregivers in traditional ways as well as through smart and agile technology that improves access in non-traditional mediums.

I would like to thank every one of you who helped with the grassroots advocacy, letter writing, signing onto letters of support and making calls to your representatives and the Governor's Office. We are also so grateful to our colleagues (nearly 1,000 organizations) who sent letters of support and testified on our behalf at the budget hearings. A special thank you to Governor Newsom, Senate President pro Tempore Toni G. Atkins (D-San Diego) and Budget Committee Chair Senator Holly J. Mitchell (D-Los Angeles) for their leadership and support of family Caregivers.

Can't say this enough... WE DID IT! A huge win for family caregivers!

WHAT'S INSIDE?

BUDGET INCREASE

SOUNDS OF
SUMMER BENEFIT

IMPERIAL VALLEY
CONFERENCE

WEBSITE

NEW PODCASTS &
LIVE STREAMS



Roberto Velasquez - Executive Director
Southern Caregiver Resource Center

SOUNDS OF SUMMER BENEFIT

Please join us at Southern Caregiver Resource Center's (SCRC) annual fundraiser on Friday, September 6, 2019, 6:30-10pm, at BRICK in Liberty Station.

This event is a fun event featuring wine and beer tastings, a silent auction, live musical entertainment/dancing by Rising Star and delicious cuisine from restaurants all over San Diego. The evening attracts over 250 of our many notable personalities, wine and beer lovers, community members and family caregivers.

Our goal is to raise \$80,000 and with your help, we can do it!

All proceeds support the direct service needs of family caregivers.

We hope to see you there!

SCRC

2nd Annual
SOUNDS OF SUMMER

September 6th, 6:30PM



Watch Efen from Rising Star share his caregiver story!

Tickets are available NOW and can be purchased at:



www.caregivercenter.org/special-events

SAVE THE DATE

November 4th, 2019
at the Cygnet Theater

"Spotlight on Caregiving"

Join us for a special evening as we partner with the Playwrights Project to present two plays on caregiving.

TICKETS ON SALE SOON!

Playwrights Project

Where Stories Take the Stage



cars2charities

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

Imperial Valley Spanish Conference

By Martha Rañón - Director of Public Relations & Government Affairs

For several years now, SCRC has been offering culturally competent programming to the San Diego community. Our staff is often hard at work coordinating Spanish language speakers, resources and services to offer family caregivers an opportunity to get their most pressing questions answered. Experts in the field speak directly with caregivers allowing participants to gather all the necessary tools and information to help them during their caregiving journey.

This past May, we had the opportunity to bring such a conference to Imperial Valley. Our guest speakers spoke about dementia, caregiving, healthy eating and exercise while several participants had an opportunity to experience our virtual dementia sensory table in order to get a sense of what a person with a chronic disease might be going through. Caregiving is best done with a network of care. With over 150 in attendance, we accomplished that goal!

We invite you to see for yourself by clicking on this video



PARTNER SPOTLIGHT

Journey back to the sexy 1980s era of big: big bands, big egos, big guitar solos and big hair! This musical comedy lovingly nudges the fashion of the 1980s and features some of the best rock hits from the time with music from Styx, Journey, Bon Jovi, Whitesnake and many more.

SUMMER IS ABOUT TO GET HOT!



FOR TICKETS & MORE INFORMATION VISIT:

<https://bit.ly/2ZLPcc5>

Virtual Dementia Sensory Experience

By Martha Rañón - Director of Public Relations & Government Affairs

This past June, SCRC debuted its very own Virtual Dementia Sensory Experience. It was an opportunity to invite the community to experience first-hand various aging-related conditions. Through our simulators and sensory models, participants were able to better understand the challenges care receivers face when dealing with tremors, dementia, hearing loss and vision changes. The feedback we received from those who attended was very positive.

One family caregiver shared, "I now have a better understanding of how the brain works and why my wife does certain things I cannot comprehend."





VISIT OUR WEBSITE!



Have you explored our redesigned website?

All of our caregiver resources are now accessible in one spot:

- FULL LIST OF OUR PROGRAMS & SERVICES
- UPCOMING CLASS SCHEDULE
- CAREGIVING FACT SHEETS (*TAMBIÉN EN ESPAÑOL*)
- LINKS TO COMMUNITY RESOURCES
- CAREGIVING CORNER TIP VIDEO SERIES
- "LET'S TALK CAREGIVING" PODCAST
- PAST WAVELENGTHS NEWSLETTERS
- INFORMATION ON SPECIAL EVENTS
- PLUS MORE!

EXPLORE TODAY AT: WWW.CAREGIVERCENTER.ORG

FREE SUPPORT GROUPS FOR FAMILY CAREGIVERS

NEW GROUP

Caregiver Support Group – Kearny Mesa
When: 1st and 3rd Wednesday of every month
Time: 10:30 p.m. to 12:00 p.m.
Location: **Southern Caregiver Resource Center**
3675 Ruffin Rd., Suite 130, San Diego, 92123
Facilitator: Kristen Henley, MSW, Family Consultant

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, LCSW, Family Consultant

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

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, LCSW, Family Consultant

Caregiver Support Group – La Mesa
When: 1st and 3rd Tuesday of every month
Time: 1:30 p.m. to 3:00 p.m.
Location: San Diego Oasis Grossmont Shopping Center
5500 Grossmont Center Drive, Suite 269, La Mesa, 91942
Facilitator: Tanya Solis, AMFT, Care Manager

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

Caregiver Support Group – Vista
When: 2nd and 4th Tuesday of every month
Time: 2:00 p.m. to 3:30 p.m.
Location: Vista Branch Library
700 Eucalyptus Ave., Vista, CA 92084
Facilitator: Kristina Franco, AMFT, Care Manager

Please visit <https://caregivercenter.org/support-groups> for our full list of groups including Spanish groups.

UPCOMING EDUCATION SERIES 2019

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

July 10th, 2019

Male Caregivers

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

August 14th, 2019

LGBTQ Caregiving

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

September 11th, 2019

A Caregiver's Guide to End of Life

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

October 9th, 2019

Emergency Preparedness Tools for Caregivers

Visit <http://bit.ly/PrepCare> register

November 13th, 2019

It Takes a Village: Assembling Your Care Team

Visit <http://bit.ly/VillageCare> 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

Visit our [Facebook](#) to watch all our past live-stream classes!

MONTHLY FACEBOOK LIVE STREAMS & LET'S TALK CAREGIVING PODCAST

Did you know that we livestream our monthly caregiver class to Facebook and YouTube?

Our education series covers a variety of caregiving related topics from managing stress to tips on home safety. No matter where you are you can now join in on the crucial information available and even chime in with your own questions and comments.

Tune in August 14th @ 10AM for the next class!

Click the link to experience our previous live-streams.



View previous workshop live streams



Do you have a long commute, spend time on long walks or just enjoy listening to podcasts?

The "Let's Talk Caregiving" Podcast covers a wide array of topics that are relevant to not just caregivers but for people in all walks of life. Join Martha & Roberto each month as they discuss caregiving, interview notables and share stories that are sure to impact you and your loved ones.

Subscribe now at - scrcc.podomatic.com

Now available on our website under: "Media & Press"

Thank you to our Year Round Corporate Partners



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BRAIN EXERCISE

Taken from Dr. Vojtkofsky's book *Keep Your Brain Stronger for Longer*
- by Martha Rañón

This brain game is created to have you think about what these two things have in common. The focus is to have you think in a logical way, moving step-by-step to form a conclusion. Have fun!

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|--------------------------------|-------------------------------|
| 1. A Fish and a Lizard | 7. A Budget and a Path |
| 2. Water and Steam | 8. Fall and Spring |
| 3. A Tornado and an Earthquake | 9. A Goal and a Target |
| 4. A Coconut and a Safe | 10. A Wreath and an Ornament |
| 5. A Paper clip and Tape | 11. A Mushroom and a Mountain |
| 6. A Coupon and a Credit Card | 12. Sunflowers and Celery |

- | | |
|----------------------------------|----------------------------------|
| 1. Have scales | 6. Can be used to purchase items |
| 2. Made of H2O | 5. Keep things together |
| 3. Natural disasters | 4. Can be cracked |
| 4. Can be cracked | 3. Made of H2O |
| 5. Keep things together | 2. Made of H2O |
| 6. Can be used to purchase items | 1. Have scales |