HELP SCRC BRING IN THE NEW YEAR WITH A BANG!

By Roberto Velasquez, Executive Director

One of the biggest barriers to seeking help is self-identifying as a "caregiver." Family members often say, "I thought your services were not for me because I was just helping mom. I didn’t realize I was a 'caregiver' until I attended one of your classes."

Helping families self-identify and connect to vital FREE comprehensive caregiver services is one of Southern Caregiver Resource Centers (SCRC) primary objectives. Our Education & Outreach team work tirelessly to offer creative educational options throughout the year to engage caregivers of all ages. From Millennials to GEN Xrs. from Sandwich Generation Caregivers to Baby Boomers. SCRC has programs to fit your unique caregiver needs.

CALL TO ACTION SCRC 2019

This is why SCRC added a digital platform (referred to as the iCare Portal) to the mix of educational events available to families and the community. Now, family caregivers can easily access our monthly live-stream educational classes viewed on our Facebook and YouTube accounts. They can listen to our monthly “Let’s Talk Caregiving” podcasts and download Wavelengths – our quarterly e-newsletter, watch our weekly 1-minute bilingual caregiver video tips as well as view our weekly infographic caregiver posts at their convenience.

Offering a variety of innovative programs is increasingly important as the majority (over 50%) of today’s family caregivers are employed and often cannot attend traditional educational events in the community.

With your support, SCRC can continue to push the envelope and introduce new programming such as our first ever caregiver play entitled “Spotlight on Caregiving: Behind the Curtains of Care,” in partnership with the Playwrights Project and Cygnet Theatre, which was performed live earlier this month to kick off National Family Caregiver Month.

That is why your donations are extremely important as they go directly to help families in our communities connect to the vital programs and services. Programs that that help families remain healthy, employed and thriving.

Help SCRC bring in the new year with a bang! No amount is too small. Please make your tax-deductible gift TODAY by visiting our website at WWW.SCRRCARE and clicking on the DONATE button or make a check payable to ‘SCRC’ and send it to 3675 Ruffin Road, Suite 230, San Diego, CA 92123

Your support is vital to us being able to care for those who care for others. Thank you in advance for your generosity and support over the years. Happy Holidays!
Caregiving Through the Holidays
By Martha Rañón - Director of Public Relations & Government Affairs

With the holidays right around the corner, many caregivers find themselves overextended. Having to plan gatherings, purchase gifts, accommodate out of town guests, attend get-togethers with families and pack for trips it is no wonder many of us feel very stressed during this time of year. But it doesn’t all need to be like this. There are several ways in which we can reduce our stress and not feel so overwhelmed. Here are a few tips to help you enjoy this time of year.

- Re-evaluate your family traditions
- Celebrate the holidays, when you want to
- Start your gift buying early
- Keep decorations to a minimum
- Smaller gatherings are less stressful than larger ones
- Celebrate earlier in the day when you and your loved ones are less tired
- Provide soothing activities for the care receiver
- Focus on celebrating memories
- Do not force the participation of others
- Let go of others’ expectations
- Have a “coping-plan” to help you manage
- Let your plans and limits be known
- Allow yourself to sit back and enjoy!

“Mom’s condition had worsened, and she needed more support and supervision. I started having problems at work, I needed to run my kids to school, do homework, cook, clean and care for my mom, and no one was helping. I sat in my car one day and just started crying – I was exhausted! A friend told me about SCRC. I went to your website, clicked on a short video called “Finding the Balance of Caregiving.” The next day I called and was connected to a consultant. Now I have a plan, I get respite, I have even taken some of your classes to learn how to care for myself and I have someone to talk to when things get tough.

I could not have done it without SCRC. Thank You!”

– Family Caregiver

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
November is National Family Caregiver Month and SCRC kicked off the month with the play, “Spotlight on Caregiving: Behind the Curtains of Care”, in partnership with the Playwrights Project. This was the first time ever in SCRC’s 32 year history that our mission was shared in the form of a play and it was a great success. Over 165 people attended the play at Cygnet Theatre in Old Town in support of family caregivers.

The two plays written by playwrights Aleta Barthell and Lisa Kirazian were so creative and insightful of the emotional roller coaster families undergo as caregivers. The plays were masterfully directed and the actors really brought these two original plays to life. Even the background scene on the stage (boxes and papers swirling as if in a tornado of chaos), which was actually the setting for a different play, looked as if it was meant to be for our caregiver plays that evening! At the end, during the “talk back” session, attendees shared comments like, “inspirational”, “funny”, “heartfelt”, “real”, “relatable”, and “frightening”. A few of the attendees, pushed back tears as they expressed how the play reminded them of their own caregiver situation. Thank you to the Playwrights Project and Cygnet Theatre for an amazing night!

**SPOTLIGHT ON CAREGIVING: An Evening Celebrating Caregivers.**

**“Better Together” Caregiver Luncheon**

We invite you to join us at our first ever Caregiver Luncheon. The afternoon features recognition for caregivers, advocates, & supporters, with a keynote by special guest Ted Garcia, from KOGO Radio. For tickets and more information visit: [www.caregivercenter.org/special-events](http://www.caregivercenter.org/special-events)

**3rd Annual Sounds of Summer Benefit**

Through great music, stories, and hope, our annual Sounds of Summer event brings together caregivers, friends, family, and community members in an effort to raise awareness about the vital role family caregivers play here in San Diego County. Stay tuned for more information!

**MARK YOUR CALENDARS!**
Free Support Groups for Family Caregivers

Caregiver Support Group – Kearny Mesa
When: 1st and 3rd Wednesday of every month
Time: 10:30 a.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 Babboa 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

*La Mesa Support Group moving to a new day and time starting January 16, 2020. Please contact SCRC for more information.

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 CLASSES

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.scrc.care

December 11th, 2019
Assistive Technology in a Digital Age

January 31th, 2020
Mobility Assistance & Safety Tools (9:00AM-12:00PM)

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.scrc.care

Visit our Facebook to watch all our past live-stream classes!

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STAY TUNED FOR OUR 2020 EDUCATION SERIES

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 December 11th @ 10AM for the next class! Click the link to experience our previous 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 - scrc.podomatic.com Now available on our website under: “Media & Press”*
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BRAIN EXERCISE

This might sound like a simple brain game but when you start to do it, it will keep you and your friends laughing at how challenging it actually is. The purpose is to increase your hand-eye coordination, motor skills and strengthen your neural pathways. Not to forget, lots of laughter increases your endorphins which can alleviate stress.

1. Make a fist with your left hand and then raise your thumb.

2. Holding this, make a fist with your right hand but extend your pinkie finger.

3. Now switch them over.

Not as easy as it seems, right? Keep trying and have fun!