



Southern Caregiver Resource Center

Help and support for families and caregivers of adults with chronic, disabling health conditions.

Volume 39, Winter 2007

Wavelengths

California Caregiver Resource Center System 2007 Policy Highlights

The typical family caregiver in California needs a broad array of caregiving services to maintain loved ones at home, out of expensive long-term care institutions. California's 11 Caregiver Resource Centers (CRCs) comprise a statewide network of nonprofit organizations authorized under state law to provide a single point of entry for caregivers throughout the state, offering a range of services including specialized information, in-home assessment, respite, counseling and emotional support, and education and training.

Central to the public policy direction and core values of the CRC system are "consumer direction" and "family support" for California caregivers. It is imperative that family caregivers be supported with practical home and community-based services, as well as emotional and financial assistance. Together, these supports can prevent burnout and enable families to continue in their caregiving roles as long as appropriate, possibly delaying institutionalization.

For 2007, the CRC system recommends three policy priorities:

1. *Increase financial support for caregivers*

- ... Advocate for increased funding for respite.
- ... Promote state initiatives to support caregivers through tax relief and increased public awareness about existing policies and programs benefiting caregivers, such as Paid Family Leave.

2. *Increase support to alleviate caregiver health risks*

- ... Promote inclusion of a caregiver assessment component within the assessment process for care planning for home and community-based programs and during transition from health facilities to home. Support the effective development and delivery of caregiver assessment tools and protocols across all care settings in the state (i.e., for use in health care facilities, home care, and community-based agencies).
- ... Advocate for continued health insurance benefits for caregivers forced to leave employment or during leaves of absence resulting from caregiving duties.
- ... Promote inclusion of a caregiver module in the 2007 Behavioral Risk Factor Surveillance System (BRFSS) surveillance data set conducted by the California Department of Health Services.

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(2007 Policy Highlights continued from page 1)

... Advocate for increased support for caregivers and providers in rural and frontier communities. (“Frontier” describes the smallest and most geographically isolated communities in the United States.)

3. Increase coordination for caregiver services

... Advocate for interagency coordination to provide less fragmented support and technical assistance for family caregivers to prolong or avoid out-of-home placement while maintaining caregiver health and financial stability.

... Encourage integrated use of technology to support caregivers within existing service systems (i.e., extending services to areas such as rural communities, increasing state supported technical assistance and referral to allow families to receive information and support through varying modes of communication, exploring use of home monitoring services for chronic care conditions).

... Support a consumer-direction model in caregiver support services.

Family Caregivers at Risk

Source: Caregiver Resource Centers’ 2004-2005 Intake data and 2004-2005 Uniform Assessment Database of 9,988 family caregivers from all regions of California.

- 77% of caregivers were female.
- Mean age of caregivers was 58; 32% of caregivers are 65 years of age or older (range of caregiver age was 17 to 99 years).
- 78% of care recipients lived at home with a spouse or other relatives.
- 47% of those caregivers under age 65 worked (full-time 33%; part-time 14%).
- Of those who had been in the labor force under age 65, 10% had quit their jobs to give care. Another 11% reduced their work hours.
- 43% showed clinically significant depressive symptoms according to the CES-D evaluation; 56% report experiencing “anxiety or depression” within the last six months; and 50% report their health as “worse than it was six months ago.”
- 79% of those responding said patient could not be left alone.
- 63% are unable to perform 3 to 5 personal activities of daily living (e.g., eating, bathing, transferring, toileting, dressing). 20% cannot perform 1 or 2 ADLs. 56% are incontinent.
- 56% of family caregivers had annual household incomes of under \$40,000 (2005 dollars).
- Greatest caregiver needs were for general information/orientation (68%), emotional support (59%), and respite care (53%).
- Mean number of hours caregivers provided care was 84 per week.

Increasing Positive Health Outcomes for Caregivers

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A large and growing body of evidence reveals that providing care for a chronically sick person can have harmful physical, mental and emotional consequences for caregivers. As families struggle to care for others, their own health is put in danger. As a result, caregiver health is quickly becoming a public health issue that requires more focused attention from health professionals, policy makers and caregivers themselves to ensure the health and safety of those individuals dedicating their lives to the care of others.

Increasing appropriate mental health services and medical care for family caregivers are important steps toward addressing caregiver health. Although caregiving can have a negative impact on caregivers’ health and well-being, research demonstrates its effects can be alleviated at least partially by:

- ... An assessment of family caregiver needs that leads to a care plan with support services.
- ... Caregiver education and support programs
- ... Respite to reduce caregiver burden
- ... Financial support to alleviate the economic stress of caregiving
- ... Primary care interventions that address caregiver needs.

Improved recognition and treatment of physical and psychological symptoms among caregivers is a growing health concern and should be considered a public health priority. Keeping family caregivers healthy and able to provide care is key to maintaining our nation’s long-term care system and, with the aging of the population, this issue will only grow more important in the coming decades.

Counseling for Spouses Keeps Alzheimer's Patients out of Nursing Homes

A recent study published in the November 14, 2006 issue of *Neurology*, the scientific journal of the American Academy of Neurology, reported that spouses of Alzheimer's disease patients are less likely to place their loved ones in a nursing home if they receive enhanced caregiver support and counseling. Researchers studied 406 spouse caregivers over a 19-year period. Half of the spouses received usual care, while the other half received enhanced support,

including six sessions of individual and family counseling. Those caregivers who received the counseling and support intervention delayed placing their spouses in a nursing home by one and a half years. The study further found that delaying placement was not accomplished at the expense of the caregivers' well-being.

The Southern Caregiver Resource Center offers six sessions of counseling to all family caregivers. If you want to receive this assistance and support, or would like additional information about this or any service that SCRC offers to family caregivers, please contact SCRC and ask to speak to a Family Consultant.

Lifespan Respite Care Act

President Bush recently signed a bill making it easier for the 50 million families caring at home for adults and children with special needs to find respite care. New Jersey Republican, Mike Ferguson, sponsored the legislation in the House. *"This important law not only recognizes the selfless sacrifices made by millions of family caregivers but also sends them an important message, help is on the way,"* Ferguson said after President Bush signed the bill during an Oval Office ceremony.

The Lifespan Respite Care Act provides \$289 million over five years to develop Lifespan respite programs at the state and local level. The programs will include emergency respite, training and recruitment of respite workers and volunteers, and caregiver training to help them to make informed decisions about respite services.

Lifespan respite programs are for family caregivers, including grandparents caring for grandchildren, foster parents, or other adults providing ongoing, unpaid care for an adult or child with a special need. Funds will be provided on a competitive grant basis. The exact specifications for applying for these dollars have not been released.

Southern Caregiver Resource Center (SCRC) will continue to follow the progress of this exciting new opportunity to provide respite services. For additional information, please contact Lorie Van Tilburg, Executive Director, at the SCRC.



Caregiving: A Love Story

Written by Ann Patchett, December 2003

When Ann Patchett was little, her grandmother drew her baths. Now grown-up, she feels privileged to return the favor. A granddaughter muses about age, youth, reversals of body and mind – and love's long haul.

When I was a little girl, my grandmother lived in Paradise, California, and based on the summer vacations my sister and I spent at her house, the name of the town was fitting. She taught us to knit and sew and make our own doughnuts. Beneath her sink was a box containing turpentine, brushes, and three dozen tiny bottles of enamel paint, and we spent afternoons making pictures of frogs and quail on the smooth rocks we brought home from Lake Shasta.

Life could not have devised a better grandmother. She owned a dog and was not interested in television. She let me fill up books of S&H green stamps and spend them any way I pleased. At night I stood on a stool in front of her kitchen sink and she rinsed my hair with lemon water.

Over the years, we have changed our roles: She drove me places, now I drive her places. We used to talk about the books we read, then she was reading the books I wrote, then her eyesight failed and I was reading books to her. For years I had lunch with her every day and we'd watch her soap opera, but then she couldn't remember who was who and the whole thing became an irritation to her. That was during the 16 years she lived with my mother. Her friends had died and her eight siblings had died and her husband had died and she was biding her time. When the process seemed to be going too slowly to suit her, she went on a hunger strike that was worthy of the IRA. When she got to 103 pounds, two years ago, we put her in assisted living. She was 92.

The world is divided like this: One day my mother goes to visit, the next day it's me. I take my grandmother to my house, bend her over the sink, and wash her hair. We have a routine. Once it was painting rocks and baking molasses cookies; later it was shopping, or just trips to the grocery store. Now it's

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SCRC Offers Educational Opportunities for Caregivers with Four Unique Classes

1 POWERFUL TOOLS



This class is designed to provide caregivers with tools to reduce stress, to make difficult caregiving decisions and to prevent burn out. This six-week, six-session class will provide tools to:

- Take better care of yourself
- Reduce guilt, anger and depression
- Reduce stress
- Communicate more effectively with your family and your doctor
- Hire in-home help
- Help memory-impaired elders
- Make difficult decisions related to your caregiving situation

When: Tuesdays, February 13 through March 20, 2007, 1 to 3:30 PM.

Where: 3675 Ruffin Rd, Ste 230, San Diego 92123

Cost: \$40 – cost includes *The Caregiver Helpbook*

Registration: Complete and mail registration form or call SCRC at (858) 268-4432.

2 CONTROLLING FRUSTRATION

The purpose of this class is to teach caregivers a set of skills for dealing with the frustration related to caregiving. In this four-week, four-session class, you will learn the following skills:



- Relaxation techniques to help you deal with those times when you feel overwhelmed, tense and/or angry
- How to identify and challenge unhelpful thought patterns in order to develop more adaptive response
- Learn different ways of acting assertively when you need to express your feelings

When: Tuesdays, April 3 through April 24, 2007, 5:30 to 7:30 PM

Where: 3675 Ruffin Rd, Ste 230, San Diego 92123

Cost: \$30

Registration: Complete and mail registration or call SCRC at (858) 268-4432.

3 IT TAKES TWO: UNDERSTANDING DEMENTIA BEHAVIOR



This class is designed for caregivers who care for a person with dementia

and wish to enhance their ability to communicate more effectively with the care recipient. The goals of this four-week, four-session class are:

- To increase caregivers' ability to set realistic expectations of their loved one's behavior
- To increase caregivers' ability to understand, communicate and remain "connected" with their loved one
- To increase caregivers' ability to understand and modify troublesome dementia behavior
- To increase caregivers' ability

to gain the participation and cooperation of their loved one while assisting in activities of daily living

- To give caregivers support for working towards change by considering new concepts and trying new skills.

When: Wednesdays, May 30 through June 20, 2007, 10 AM to 12:30 PM.

Where: 3675 Ruffin Rd, Ste 230, San Diego 92123

Cost: \$30

Registration: Complete and mail registration or call SCRC at (858) 268-4432.

To register for any or all of the classes, please complete the registration form on page 5, clip and mail, along with your check, payable to SCRC, to the Southern Caregiver Resource Center (SCRC) at 3675 Ruffin Road, Suite 230, San Diego, CA 92123.

Please check the box next to the class name for the one(s) you wish to register for. Check all that apply. All class registrations must be received by SCRC at least two weeks prior to the first date of class. If you have any questions, please call SCRC at (858) 268-4432.

Note: Respite care is available for caregivers who need it in order to attend any of the classes. You must contact SCRC for additional details at least two weeks prior to the beginning of class to register for respite care.

SCRC Offers Educational Opportunities for Caregivers with Four Unique Classes

④ CREATIVE ALTERNATIVE: EXPRESSION THROUGH ART FOR CAREGIVERS

In November 2006, SCRC offered a new educational opportunity for caregivers, an experimental pilot program called the Creative Alternative Workshop. This workshop allows caregivers an opportunity to confront powerful issues using art expression. It also allows participants an opportunity to create objects that they can retain. Art expertise is not necessary to participate or benefit from this class because most of the work is done at a *symbolic level*.

Some comments from participants about what they gained are:

- ... "I'd never done anything artistic before and didn't think that I could, but it was easy."
- ... "I got *reacquainted* with myself – my interests, past experiences and had fun!"
- ... "Having the completed materials to take home and reflect on them later."
- ... "I have a stronger sense of community with other caregivers; I know that will grow in the future."

By providing this Workshop for caregivers, the SCRC endeavors to:

- ... Alleviate feelings of isolation and burnout
- ... Remember and commemorate the changed relationship with a loved one
- ... Evoke symbolic expression and exploration of feelings
- ... Assist in organizing thoughts and feelings
- ... Increase the ability to manage strong emotions.

Three workshops will be offered in Spring 2007 (see below.). Each workshop may be taken singly or as a series. Remember, art experience is *not* necessary.



*Creative Alternative facilitators,
Jennifer Shoji and Seraphina Galante
SCRC Family Consultants*

When: *Workshop 1:* Thursday, February 1, 2007, 10 AM to 2 PM
Workshop 2: Thursday, March 1, 2007, 10 AM to 2 PM
Workshop 3: Thursday, April 5, 2007, 10 AM to 2 PM
Where: 3675 Ruffin Road, Ste 230, San Diego 92123
Cost: \$50 per workshop, or \$110 for all three workshops
Registration: Complete and mail registration or call SCRC at (858) 268-4432.

SCRC Class Registration: January — June 2007

✓ all that apply

- ① POWERFUL TOOLS, \$40, begins February 13
- ② CONTROLLING FRUSTRATION, \$30, begins April 3
- ③ IT TAKES TWO: UNDERSTANDING DEMENTIA BEHAVIOR, \$30, begins May 30
- ④ CREATIVE ALTERNATIVE: EXPRESSION THROUGH ART, \$50 FOR 1, \$110 FOR 3
February 1, March 1, April 5 (Circle all dates that apply)

Clip and Mail to SCRC

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____ Email: _____

Payment Enclosed: \$ _____

Mail to Southern Caregiver Resource Center, 3675 Ruffin Road, Suite 230, San Diego, CA 92123

Events and Information for Caregivers



SCRC Support Groups

- **ADULT CHILD AS CAREGIVER**, meets the 2nd and 4th Thursdays of the month at SCRC, 5:30 to 7 PM. Facilitated by Ann Sanderson, MA.
- **CLAIREMONT CAREGIVER SUPPORT GROUP**, meets on 2nd and 4th Wednesdays at Live Well San Diego, 1:30 to 3 PM. Facilitated by Jennifer Shoji, LCSW.
- **RANCHO BERNARDO CAREGIVER SUPPORT GROUP**, meets the 1st and 3rd Thursday of the month at the Remington Club, in Rancho Bernardo, from 5:30 to 7 PM. Facilitated by Adrienne Burnette, PhD MFT.
- **FALLBROOK CAREGIVER SUPPORT GROUP**, meets the 4th Thursday of the month at Fallbrook Healthcare Foundation Pittenger House, from 10 to 11:30 AM. Facilitated by Marianna Randolph, MSW.
- **CAREGIVER SUPPORT GROUP FOR MEN**, meets the 2nd and 4th Thursday of the month, 11 AM to 12:30 PM, at Veterans Museum and Memorial Center, 2115 Park Blvd., San Diego 92101. Facilitated by Edward De La Loza, LCSW.
- **FAMILY CAREGIVER SUPPORT GROUP**, meets the 4th Wednesday of the month at Foothills United Methodist Church in La Mesa, 6 to 7:30 PM. Facilitated by Veronika Glenn.
- **HUNTINGTON'S DISEASE SUPPORT GROUP**, meets the 4th Monday of the month at The Well Being, 4305 La Jolla Village Drive in University Towne Center, 6 to 8 PM. Facilitated by Andrea Cangiano, MSW.
- **PARKINSON'S SUPPORT GROUP**, meets the 2nd Wednesday of the month at Sharp Cabrillo Senior Resource Center in Point Loma, 10 to 11:30 AM. Sponsored by Sharp Cabrillo Senior Resource Center and SCRC. Facilitated by Veronika Glenn.
- **PARKINSON'S SUPPORT GROUP**, meets the 3rd Thursday of the month at Veterans Home of California in Chula Vista,

10 to 11:30 AM. Facilitated by Veronika Glenn.

Other Classes/Events

- **AGING: WHAT IS NORMAL AND WHAT IS NOT**, January 22, 2007, 10:30 to Noon at Salvation Army in El Cajon. For more information, call (619) 440-2457.
- **TOWN HALL FORUM, ALZHEIMER'S IN THE FAMILY**, January 25, 2007, 8:30 AM to 12:30 PM at Lake San Marcos Resort, 1025 La Bonita Dr., San Marcos, 92078. Alzheimer's and related dementias have a profound impact on the family. Join this session with experts and learn how to empower your life as a caregiver. Free adult day care offered by Glenner Alzheimer's Family Centers. Reservations required. Call (800) 736-6674 for adult day care. Call (619) 224-7300 to register your attendance at the Forum. Two CEUs offered to Nurses and Social Workers.
- **DEMENTIA CARE: FROM PITFALLS TO SUCCESS**, January 29, 2007, 6 to 8 PM at Jamul Community Church, 14058 Jamul Dr., Jamul. For more information and directions, call (619) 468-3114.
- **MAKING THE PLACEMENT DECISION**, January 30, 2007, 11:30 (registration) to 2 PM at Somerford Place, 1350 S. El Camino Real, Encinitas. For more information, call (760) 586-4030. Two CEUs offered to Nurses and Social Workers.
- **AGING: WHAT IS NORMAL AND WHAT IS NOT**, January 31, 2007, 10 AM to Noon at Descanso Library, 9545 River Dr., Descanso. For more information, call (619) 445-5279.
- **EDUCATIONAL PROGRAM AND HEALTH FAIR**, February 7, 2007, 10 AM to Noon at North County Inland Senior Center, 15905 Pomerado Rd., Poway. Carol LeBeau, Channel 10 Anchor, will be a guest speaker. For more information, call (858) 674-1123.
- **TAKING CARE OF YOU: LIFE, LOVE AND HAPPINESS**, February 2, 2007, 1:15 to 2:45 PM at Oasis at Macy's, 3rd Floor, 1702 Camino Del Rio North, San Diego. Register online at www.oasisnet.org/sandiego, or phone (619) 574-0674. Class participants must be members of Oasis. There is no membership fee. Oasis is open to all people 50 years of age and older regardless of income, sex, race, religion or background.

■ TWO WORKSHOPS:

... **YOUR AGING RELATIVE: WHEN AND HOW TO HELP**

... **MEMORY LOSS AND AGING**

February 10, 2007, 9 AM to Noon at Santee United Methodist Church, 8964 N. Magnolia Ave., Santee. For more information, call (619) 448-4456.

■ **STROKE AND CAREGIVING**, February 21, 2007, 10 AM to 1 PM at City of Santee City Hall, Bldg B, 10601 Magnolia Ave., Santee. For more information, call (619) 258-4100, ext. 257.

■ **EMOTIONAL ASPECTS OF CAREGIVING AND CONTROLLING FRUSTRATION**, February 23, 2007, 1 to 3 PM at Access Center of San Diego, 1295 University Ave., Suite 3, San Diego. For more information, call (619) 293-3500, ext. 264.

■ **MEMORY LOSS AND YOU**, March 1, 2007, 11 AM to 12:30 PM at St. Peters Church, Community Room, 1371 Sunset Cliffs in Point Loma. For more information, call (619) 221-3779.

■ **AGING IN PLACE**, March 7, 2007, 1 to 3 PM at UCSD, Osher Lifelong Learning Institute, Classroom 129. For more information, call (858) 281-6400.

■ **AGING WITH GRACE**, March 12, 2007, 10 AM to Noon, sponsored by Del Mar Community Connections, at 1956 Seaview Ave., Del Mar. For more information, call (858) 792-7565.

■ **CAREGIVING: FROM PITFALLS TO SUCCESS**, March 19, 2007, 11:30 (registration) to 2 PM at Silverado, 335 Saxony Rd., Encinitas. For more information, call (760) 753-1245. Two CEUs offered to Nurses and Social Workers.

■ **STEER WITH YOUR PENCIL: REMINISCING AND JOURNALING**, presented by Veronika Glenn and Maggie Marshall, March 22, 2007, 10:15 AM to 12:15 PM at Oasis at Macy's North County Fair, 272 E. Via Rancho Pkwy, Escondido. Register online at www.oasisnet.org/sandiego.

■ **THE PARKINSON'S JOURNEY AND THE HELP ALONG THE WAY**, Marion Brodie Symposia Series, March 31, 2007, at Scottish Rite Center. For more information, call (858) 273-6763.

It Takes COURAGE!

A look at the Caregiver-to-Caregiver Network accomplishments

Looking back to two and a half years ago when Southern Caregiver Resource (SCRC) first introduced its new program, the Caregiver-to-Caregiver Network, it's encouraging to see how it has grown. SCRC was pleased to provide this new program as an enhancement to the other services it offers. As part of the Network, both the Walking Groups and the Buddy Program were also initiated, and gave caregivers additional opportunities to avail themselves of the services SCRC offers, while also making some new friends, getting a bit of exercise, and gaining additional support. Getting new supports off the ground isn't easy and it takes time for people to learn about the new resources.

SCRC is pleased to have over 96 current and former caregivers participate in the three Walking Groups over the past two and a half years. A Walking Group volunteer told Lorie Van Tilburg, SCRC's Executive Director, *"I can't believe when we started there were very few walkers. The groups have grown. You can see the physical changes in caregivers as they make new friends and find additional support."*

It's difficult for anyone to come to a new group (it does take **courage** and you see it clearly in the walking groups). When people first begin with one of the groups, they often walk up to meet the group slowly, looking tired and worried. After coming back to the walking group a few times, the difference in them begins to be apparent. Caregivers often have more bounce in their step, will wave as they walk up to their group, and chat with the others to catch up



on any news, share giggles, and sometimes even a few tears. Caregivers often come to the groups with enormous burdens and heartbreaks, but even during those times, being with safe, warm, caring people, all of whom have caregiving in common, seems to make a big difference in their day.

The same is true with the Network's Buddy Program. It takes **courage** to ask for a one-to-one former caregiver to be your buddy. When the matches are made between the buddy and the current caregiver, for most caregivers, their buddy becomes a new, supportive companion, someone who can keep a secret and is a magnificent listener. Bud-

dies are different than friends -- they have 'walked the walk,' they know many of the peaks and valleys of caregiving for a loved one, and can be a short-term guide during the caregiving journey. One of the real beauties of the program is you have a support, just for you, outside of your family and closest friends. Your buddy is someone who is more interested in **you** and how **you** are doing, rather than being focused on your loved one. It's a unique relationship. SCRC is pleased that since its inception, 34 current and former caregivers have been involved in the Buddy Program.

For additional information about the programs of the Caregiver-to-Caregiver Network, or any program offered by SCRC, please call the office and speak with your Family Consultant, or ask for Maggie Marshall. Caring for those who care for others is SCRC's goal.

CAREGIVER TIPS: A new project of the Caregiver-to-Caregiver Network

An idea was 'born' by the Caregiver-to-Caregiver Network to gather 'caregiver tips' – quotes, words of wisdom, or helpful caregiving ideas — things that would be meaningful or helpful to caregivers. Tips, provided by both former and current caregivers, will be assembled to create a Caregiver Tips booklet. The booklet may provide a connection to other caregivers, to let them know that they are not alone, while also offering them some very useful and informative thoughts and ideas that may help them along their caregiving journey. When caregiving, we tend to stay so focused in our efforts to provide care to our loved ones that we forget to reach out and let others help us along the way. The tips may offer that helping hand to remind us that not only is the care we provide to our loved ones important, caring for ourselves is too.

Several caregiver tips that have already been offered are:

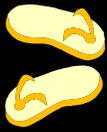
- ... **Savor the moment – things change fast** – We've all heard the saying, "live in the moment," but what does that mean? When you live in the moment, you will hear the messages that your life gives you each day, respond better to those messages, feel gratitude, connect more deeply with others, and stay connected to your feelings on a more regular basis.
- ... **Have more than one friend** – Friends are such an important source of support, and each friend can bring his or her own strengths to your relationship. One friend may have a wonderful sense of humor and be fun

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 **Lake Murray Concession Stand:** 2nd & 4th Saturday, 8 to 9 AM, Volunteers Ron Lohrbach & Virginia Gothard lead walk.

 **Mission Bay Information Center:** 1st & 3rd Wednesday, 11:30 AM to 12:30 PM, Volunteer Linda Cohen leads walk.

 **Encinitas, Swami's Beach Picnic Table:** 2nd & 4th Tuesday, 1:30 to 2:30 PM, Volunteer Pat Clancy leads walk.



Walking Groups and Buddies Join Together Second Annual Breakfast at Mission Bay



Saturday, September 23rd was the day of the Caregiver-to-Caregiver Network's second annual Picnic Breakfast. SCRC staff members Marianna Randolph and Andrea Cangiano arrived before the sun was up to reserve a picnic spot on Mission Bay (an enormous thank you to them), and volunteer Laura Spano followed to help Maggie with the set-up. Lorie Van Tilburg, SCRC Executive Director, greeted other SCRC staff, Cathy Bourdon, Jennifer Shoji, Hannah Budeshtsky, along with dedicated volunteers Virginia Gothard, Ron Lohrbach, Pat and Murray Paterson, Bonnie Fleming, Kelsey Forest, Carol Kope, Graceann Hall, and Kim Wu. Special thanks to Al Bourdon, who volunteered

to keep the food warm on the camp stove, and to Cindy Wilson, President of Heritage Senior Care for a generous donation to help with the picnic costs.

Several comments were offered by participants at the picnic:

"What fun to get out early and have a homemade breakfast on the bay before my day is taken over by caregiving responsibilities."

"Thank you to all the volunteers and SCRC staff for coming out on their Saturday. This was a very special morning for me."

"Please say we'll do this again next year!"

Included in the festivities was a drawing for two wonderful gift prizes. One drawing prize was a gift basket of international food items, complete with recipes, donated by Veronika Glenn of SCRC, along with a handmade recipe book created by Volunteer Heather Barnes. The lucky recipient of this gift was one of the Network's faithful volunteers, Ron Lohrbach. The second prize was a handmade, felted bag donated by Eileen Adler and happily received by Nancy Billhardt.

We look forward to the 3rd annual event in the Fall of 2007!



Book Review



Staying Connected While Letting Go: The Paradox of Alzheimer's Caregiving

by Sandy Braff, MFT and Mary Rose Olenik

Caring for a person with Alzheimer's disease carries with it multiple difficulties, regardless of one's relationship – spouse, son, daughter, or friend. Often, the spotlight is on the person with the impairment while the caregiver may feel forgotten. In this book, Ms. Olenik and Ms. Braff focus on stories of actual caregivers as they face each successive stage of the illness and learn how to cope with the changes. Neither the caregivers nor the authors try to sanitize the reality of facing and reacting to confusing and disturbing behaviors that can accompany Alzheimer's disease. As a result, the book has a

credibility that strengthens its appeal both to caregivers and professionals.

Staying Connected While Letting Go is an effective collaboration of a licensed therapist with caregiving experience, along with a Staff Research Associate in the Department of Psychiatry at UCSD. This is a sensitively-written and compassionate book that may help those in this situation cope with challenges - from the micro to the macro. The book is filled with coping strategies for caregivers; for example, dealing with the stress of handling both the physical demands and the emotional turmoil of caring for a loved one, while trying to maintain one's own health and well being. It provides expert advice for avoiding the trap of neglecting one's own health, as well as counsel for dealing with sensitive issues such as inappropriate public behavior by one's relative or friend. The authors write sensitively about this difficult topic.

The paradox of Alzheimer's caregiving, means the idea of being loving and nurturing while letting go of the person as you knew them. This book provides words of advice, support, and affirmation from others who are feeling and experiencing the same things you are. It may help shatter the sense of isolation you feel, as you recognize your own experiences in the stories of others.

One caregiver commented, "I found the book to show great understanding and empathy of caregivers, and to be a real acknowledgement of all the caregivers I have known and learned with over the past 15 years. It's a great resource and will be a wonderful help to all who read it!"

Staying Connected While Letting Go is available in the SCRC Library, the San Diego Public Library, through Amazon.com, and most bookstores.



(Caregiver Tips, Continued from page 7)

to laugh with, while another may be able to hold your hand and really listen when you need to talk about your frustrations.

... **Keep a journal – list moments of joy, wonder and adventure** – Writing down your thoughts and fears is a powerful and effective means for self-expression, and gives shape and substance to your feelings. Self-expression has the power to change you, and the way you see and experience the world. Keeping a journal is also a way to capture the moments of your life that are most precious to you, to reflect on later, and to remember special moments.

... **We need more sleep – don't be afraid to take naps** — Getting adequate rest is so important when caregiving. It may be easier said than done, but realize that it's absolutely necessary to maintain your own health, in order that you may provide care to your loved one.

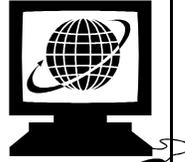
... **Don't let your light get too dim** – You need to renew and refresh yourself and your spirit, so that you can remain positive and participate as fully as you would like in the relationship with your loved one. Take some time for yourself to do whatever helps you feel renewed – a walk on the beach, curling up with a good book, coffee out with a good friend, a trip to the art museum – and both you and your loved one will thank you!

The Caregiver-to-Caregiver Network will continue to collect Caregiver Tips in anticipation of assembling them in a fun and creative way to present to caregivers. If you have a tip to offer, something you feel that another caregiver would benefit from reading, please send it along to Maggie Marshall at mmarshall@caregivercenter.org, or call the office at (858) 268-4432.



LINK2CARE

An innovative
Internet program
for Caregivers



"He that can have patience can have what he will." Benjamin Franklin

Words to live by, like the ones above, are posted daily on the Link2Care Website, as well as numerous articles on Caregiver challenges and the latest research developments on many brain-impaired diseases. Link2Care is an Internet site offering information on every facet of caregiving for dementia. You will find help with care planning and decision making, timely articles, and a community of caring friends.

You can even consult an expert, one-on-one, for medical, legal and caregiving advice. There is also an ongoing discussion group which can be sent to your email daily — a kind of Internet support group via email. It's at no cost, available at your convenience, any time of the day or night. The Link2Care site is easy to navigate, even for a relatively novice computer user, and is also a secure, password-protected site, for your privacy and confidentiality.

Currently the Southern Caregiver Resource Center has a total of 396 active users on Link2Care, including staff and caregiver clients. A local calendar of events can be accessed via the site, which includes SCRC support groups and the various educational opportunities throughout the San Diego area. Register now to receive interesting articles. For additional information, please contact the Southern Caregiver Resource Center.



LINK2CARE
Always there when you need it

www.link2care.net

The Legacy Circle



The Legacy Circle is a special group of individuals who have made a bequest or lifetime gift to the Southern Caregiver Resource Center (SCRC). These very important friends have chosen to leave a lasting legacy that will strengthen Southern Caregiver Resource Center 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 as to the various options and how it will benefit you personally, please call Lorie Van Tilburg, Executive Director of the SCRC.

As a member of the Legacy Circle, you will receive the following benefits:

- Special invitations to all SCRC events.
- Two complimentary tickets to SCRC's annual Bastille Day Celebration event, featuring a silent auction and wine tasting.
- Your name engraved on the Circle of Giving plaque prominently displayed in the SCRC office.
- Mailings on caregiving topics that are personally designed for you.

Please join the many other friends who have chosen to become a member of Southern Caregiver Resource Center's Legacy Circle.



(Caregiving: A Love Story, continued from page 3)

grooming. I have become one of those little Egyptian birds that stand on the back of a crocodile, digging its beak in between the scales. I shampoo, condition, blow-dry, braid, and pin. I put her in the perfect light of my kitchen window and tweeze the invisible hairs from her chin, and then she runs her fingers across her chin to check me. "Missed one," she says, tapping fingernails and paint them if she's in the mood. I fill my blue Le Creuset soup pot with warm water and apple cider vinegar and soak her feet. Then I sit on my kitchen floor and do her toes.

Back in the days when my grandmother had a wallet with money in it and knew what she wanted to buy, I would count out the change for her in checkout lines. "Where would I be without her?" she would say to the disinterested teenager receiving the money. Then she would turn to me and say, "What's going to happen when you're my age? Who will take care of you? You'll be all alone."

And it's true. I have no children, and I never will. There will be no one who loves me, who will pluck out my chin hairs or run a Q-tip around in my ears,

but I've never thought that the hope of free custodial care was reason enough to reproduce. At 39 I have to wonder what the chances are that I'll see 94 anyway. Life is, after all, a long obstacle course filled with car crashes and cancer. Certainly something will knock me off along the way.

"I'm saving my money," I tell her. "And when I'm your age, I'm going to rent myself the nicest granddaughter in the world. I'm going to rent one who's much better than I am. And when I die, I'm going to leave her everything." It's true, actually. That is my backup plan in case I live too long.

"You're smart," my grandmother says, squeezing my wrist. "You shouldn't have a baby." What she means is that she is my baby, and she would rather not share me.

After she went into assisted living, my grandmother made friends with food again and ate her way up to a record breaking 180 pounds in a year and a half. When I took her to the doctor for her physical, she was mortified. "One eighty?" she said to me. "They must have weighed me with my sweater on." "A 75-pound sweater?" I asked. She

handed it to me. "It's wool."

The doctor is pleased about the weight. Aside from her slipping mind and bad eyesight, my grandmother appears to be in glorious physical health, very possibly good for another ten years.

I want to believe I will be good another ten myself. I remember my grandmother sitting on the edge of the bathtub, scrubbing my back when I was a child. Now she is in my tub and I am washing hers. They give good showers at the assisted living place, but there is nothing like a bath. Her skin, so recently stretched out, is pink and flawless.

There was a time I thought that love was kissing, sweaty palms, desire. Now I know that love is this: sticking it out, the long haul. I pull her out of the tub, my chest and arms soaking, and stand her on a towel to dry. "What is that stuff?" she asks. When I tell her it's lotion, she says that she's never heard of such a thing before. "But I like it," she says. "It's good."

I believe that liking lotion is a clear sign of life. I slather it on.



Journaling in 2007



As we welcome in the New Year, it is also a great time to welcome the opportunity to get back to capturing your thoughts in writing. Whether you jot down your thoughts in a notebook, special pad, diary, journal, or on-line with the new e-journal on Link2Care, it's time to get started again. If you find it difficult to get back into the swing of journaling, listed here are two journaling prompts to help get you started in the New Year:

If you could re-do one thing you did in 2006, what would you do differently?

It's not easy to deal in regrets, but sometimes we need to face them to gain a deeper understanding of what went wrong. Why did I do this or that? How can I let it go ...letting go to move forward?

What one new thing do you want to learn this year?

When caregiving, we often get so wrapped up in our day-to-day responsibilities that we neglect to take the time to renew ourselves. Learning gives most of us energy, a zest for life, and good feeling by stretching our abilities, imagination and creativity.

If you're struggling to get started again, here are three tips:

- Simply start with a sentence a day or a paragraph a week.
- If that's too difficult, begin with a word a day. It might be a single word describing a feeling, whether in anticipation of your day or to reflect upon it when the day is over.
- Find a moment, five or ten minutes of quiet time, to build writing into your daily routine. As an example, one caregiver journaled while waiting for a haircut appointment. Another wrote in her journal while enjoying her morning cup of coffee.



The ***Space of Beauty*** program is in need of art supplies to support the journal project. Unique, customized journals are created by hand for specific caregivers by volunteer artists, led by Jane LaFazio.

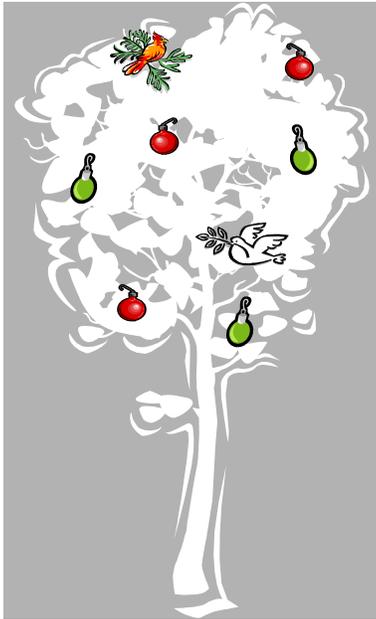
Art supplies needed for the journal project are:

- Fabric scissors*
- Glitter glue sticks*
- Handmade paper*
- Color Felt Pens (fine point)*
- Stylish Greeting Cards (blank inside)*

Please contact Maggie Marshall, Director, Caregiver to Caregiver Network, to coordinate dropping off, or picking up donations. You may phone Maggie at (858) 268-4432, ext. 108, or email her at mmarshall@caregivercenter.org.

Caregivers — If you would like more information about the Space of Beauty journal program, please contact your SCRC Family Consultant.

SCRC's 7th Annual WINTER OPEN HOUSE!



On December 11, 2006, many of our friends in the community joined us at the SCRC offices for some wonderful tasty treats and a fun time! Our theme for this year's Open House was "In the Garden" with decorations and foods that depicted an afternoon of enjoying lunch and tea in the garden. The photos below are a sampling of our guests enjoying the company and festivities.



Above: SCRC Board of Directors President, Craig Horner, with his sister, Christina Horner



Above: Guests enjoying the festivities

Below: Guest with Jerry Barber



Above: Roberto Velasquez, Joaquin Anguera



Left: Guest with Susan Hansen



Right: Eileen Adler, Cheryl Reist, Sandy La Flair



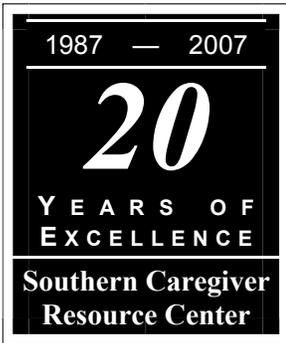


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Wavelengths

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United Way of San Diego County

SCRC is a certified United Way Agency, **No. 6544**. Please consider making a direct contribution to the SCRC through your workplace payroll deduction plan for United Way. A donation specified for SCRC allows you to direct your gift to our agency. All donations stay in San Diego and/or Imperial counties for programs and services that directly impact caregivers of aging and frail adults or adults affected by a chronic and disabling illness or disease. Thank you.

YES! I want to help families cope with the financial and emotional stress of caregiving by making a tax-deductible contribution to Southern Caregiver Resource Center.

Enclosed is my donation of \$ _____.

Name _____

Address _____

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Phone (work) _____ (home) _____

I am making this gift in memory of honor of:

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Please make check payable to SCRC and send to:
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 SCRC would like to acknowledge your donation in our newsletter.
 Please check box if you wish to remain anonymous.



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