



Southern Caregiver Resource Center

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

Volume 41, Spring-Summer 2008

Wavelengths

*The Department of Veterans Affairs (VA)
and California Caregiver Resource Centers
join forces to work on
one of eight projects across the country
funded to help families caring for an individual
with a Traumatic Brain Injury (TBI)*

VA will spend \$4.7M to help vets' caregivers

Washington — The Department of Veterans Affairs (VA) will provide nearly \$4.7 million for caregiver assistance programs for those helping disabled and aging veterans in their homes. These programs will improve health care education and provide training and resources for caregivers. The programs will support eight caregiver projects across the country.

The VA also provides assistance through programs such as care management, social work service, care coordination, geriatrics and extended care, and through its nationwide volunteer programs. Services for caregivers include transportation, respite care, case management and service coordination, assistance with personal care, social and emotional support, and home safety evaluations.

Education programs teach caregivers how to obtain community resources such as legal assistance, financial support, housing assistance, home-delivered meals and spiritual support. Caregivers are also taught skills such as time management, medication management, communication with the medical staff and the veteran, and ways to take care of themselves.

Many of the projects use technology, including computers, Web-based training, video conferencing and teleconferencing to support caregivers who often cannot leave their homes to take part in support activities.

For information, go to <http://www.va.gov> or call (800) 827-1000.

Please see page 2 for additional news

Published three times annually
by SCRC

3675 Ruffin Rd., Suite 230
San Diego CA 92123
(858) 268-4432
(800) 827-1008
(858) 268-7816 Fax
E-Mail: scrc@caregivercenter.org
Website: www.scrc.signonsandiego.com

119 South Fifth St.
El Centro CA 92243
(760) 352-2588
(760) 352-2583 Fax
E-mail: ecscrc@caregivercenter.org

VA: Caring for Those Who Care

Supporting the “hero’s hero” with a comprehensive caregiver network

Veterans Affairs, Desert Pacific Healthcare Network and VA Sierra Pacific Healthcare Network have joined with the California Caregiver Resource Centers (CRCs), Stanford University and Legacy Health Systems in an innovative VA/ community partnership designed to greatly enhance the support provided to veterans’ caregivers in California. The mission of this collaborative is to develop two “VA Cares” centers of caregiver resource and expertise and implement an administrative infrastructure leading to the advancement of a caregiver self management model.

The new VA California Office on Caregiving recognizes family and informal caregivers as being underserved and having limited access to caregiver services that are often fragmented or obscure. The VA Cares centers will streamline services, increase visibility and availability and reinforce the importance and interdependency of family/informal caregivers to our healthcare system.

Primary goals of this collaborative include:

- Increasing caregiver access, education, intervention, and ability to care for the veteran, using technology when appropriate, to support rural and other caregivers as needed.
- Cultivating a skilled workforce that understands and serves the needs of caregivers as an integrated system of care.
- Fostering federal, state and community partnerships to leverage resources and promote a knowledge management as a pathway for comprehensive, quality services for caregivers.

The initial model will focus primarily on Traumatic Brain Injury (TBI). Interventions will include caregiver and VA staff education and support through:

- “VA Cares” Caregiver Centers of Expertise
- California Caregiver Resource Centers
- The ‘Powerful Tools’ Caregiver Training program
- The Stanford University Internet based Caregiver Self Management Program.

To increase access, choice and convenience, telehealth delivery modalities will include web, telephone and video-conferencing in combination with expert community and VA collaborators. In person, on-site training and support will be available as necessary and appropriate. California is home to the largest number of veterans in the U.S., almost double the number of documented TBI cases of any state, and has the largest population of family caregivers who contribute an estimated annual economic value of \$45 billion. Designed for expansion, this pilot program defines a natural alliance with our partners and is intended to serve as a foundation for replicable programs across diverse communities.

For questions regarding the program, please contact SCRC at (858) 268-4432.



RESPITE SOS

Lifesaving Support for Family Caregivers



It is essential for caregivers to take time away from their responsibilities to relieve stress and prevent burn-out.

Through Southern Caregiver Resource Center’s (SCRC) Respite Program, financial assistance is provided for in-home respite, adult day care service, short-term or weekend care to assist families caring at home for an adult with a disabling health condition. It is SCRC’s goal to offer life saving respite to all family caregivers to help them succeed in their dream of keeping their loved ones at home so they can age in place.

Families providing care to the frail elderly represent a growing segment of our population, and as the baby boomers age, this segment will only continue to grow. Today, family caregiving provides for up to 80% of all long-term care for dependent elderly family members.

Current funding for these services does not meet the demand. SCRC presently has more than 700 families waiting to receive respite care. We expect an increase in the number of families on the wait list due to the significant budget cuts by the State of California.

SCRC is a non-profit agency whose funding comes from individual donors, private foundations, Aging & Independence Services, and the annual fundraising special event, The Bastille Day Celebration. In addition, an important source of funding for key services comes from the State of California. At the beginning of January the Governor announced that California State departments will have to cut their budgets by 10%. These dramatic budget cuts are expected to reduce respite care and other vital support

(Continued on page 3)

Caregiver Supports Reduce Stress, Anxiety and Depression in Men

by Edward De La Loza, LCSW

As a male caregiver, has your life improved over the last ten years? Do you have less stress, anxiety and fewer depressive symptoms (e.g., irritability, fatigue, sense of hopelessness, unplanned weight change) than you did ten years ago? If you answered yes to either of these questions, then I am pleased to know you have likely asked for and received caregiver supports, such as a caregiver assessment, counseling, legal services, or respite from the Southern Caregiver Resource Center (or similar agency), or you have participated in any one or more of the support groups here in San Diego county, like the Caregiver Support Group for Men (www.CaregiverSupportGroupForMen.com).

This year, The Caregiver Support Group for Men is celebrating its 10th Anniversary and working diligently to overcome the silent health crisis affecting men! Established in 1998, The Caregiver Support Group for Men was the only group in California, if not the U.S., dedicated to addressing the unique needs of the male caregiver. Its concept has been replicated within the California Caregiver Resource Center system, and it owes its thanks to the initial participants getting together to talk about their needs, find solutions and encourage other men to ask for the help that is available. Did you know about this silent health crisis? On average, men in America “live sicker

and die younger than women...” In 1920 women lived, on average, one year longer than men. Now, men, on average, die almost six years earlier than women...Depression in men is often undiagnosed, contributing to the fact that men are 4 [times] as likely to commit suicide (Men’s Health Network).

The Caregiver Support Group for Men has worked hard to bring other men out from under their silent burden. The group’s participants and the Southern Caregiver Resource Center remain committed to helping men:

1. tackle the tough problems
2. exchange fresh ideas to lessen men’s burden
3. navigate through, for example getting a private hire, planning for placement, or overcoming anticipatory grief, anxiety, stress and depression, and
4. encourage the development of men networking with peers they can call upon for downtime, if needed, and, for example, to take a walk or just getting together for coffee or lunch.

The men in this group have made some phenomenal remarks about their participation:

- “This group has saved my life...”
- “I have found a friendship that is as close as a brother...”

- “There is a comrade here that brings me back...”
- “I am getting help now...”
- “My health is better...”
- “It has taken time, but I see my problems differently now... and with hope.”

In celebrating the The Caregiver Support Group for Men’s 10th anniversary, it is linking its efforts with the Men’s Health Network and promoting awareness of Men’s Health Week (June 9-15th). Keep your eyes and ears open for details. Until then, please join us for one of our group meetings on the second Thursday of the month. If you need more information, call and talk with a Southern Caregiver Resource Center Family Consultant, ask for the help available and work toward being able to say, “My life is better today.”

Edward De La Loza, LCSW, formerly a Family Consultant for the SCRC, enjoys facilitating this group, private practice and working with caregivers, their families and senior men and linking them to resources, such as Men’s Health Network. He is working to overcome the barriers of isolated men through the use of promoting online forums, linking caregivers to out-of-state family members through technology and highlighting the benefits of a bio-psychosocial-technological approach to enhancing the lives of caregivers. He publishes a complimentary e-book, *The Consumer’s Supplement to Caregiver / Hospice Solutions* (available at www.LHicc.com).

Respite SOS *(Continued from page 2)*

services at Southern Caregiver Resource Center by approximately \$90,000 beginning in July 2008.

This budget cut will eliminate respite care for up to 25 families. It reduces the amount of available respite funds by half. That’s a loss of 4,500 hours of respite care. The budget cut will double caregivers average wait time for respite care from 18 months to three years for services. *How heartbreaking to have to tell families who have already waited 1-1/2 years for help that they will now have to wait twice as long for respite care.*

We are mobilizing all who care about families and caregivers by launching a “Respite Challenge” with the goal of raising \$90,000 to offset the budget cuts that impact services to family caregivers. Our hope is that everyone will join with us to reach our goal so families can continue to receive our support. If you are able, we hope you will consider making a donation. Please mail to SCRC, 3675 Ruffin Road, Suite 230, San Diego, CA 92123, Attn: Beth Romans. Please feel free to include the cut-out donation form from the last page of this newsletter with your contribution. *It will mean a lot to families like yours.*

Working and Caregiving

By Kurt Buske, MSW, Director Programs & Services

The 21st century will be marked by a dramatic increase in the size of the older population as the baby boom generation ages. This, in turn, will result in an increase in the number of people stepping into caregiving roles as they seek to assist loved ones in need. Many of these caregivers will be working individuals, many of whom will be struggling to meet the care needs of their parents. Already, millions of working adults are juggling the competing demands of caring for a chronically ill or disabled parent, raising a family and managing a career. In fact, at least 7 million Americans are caring for a parent at any given time. The trend of employees also serving as caregivers to adults with long-term care needs is increasing due to a variety of reasons including growth of the older population, smaller family size (resulting in fewer adults to share caregiving responsibilities) and an increase in two-earner households.

Between one-third to one-half of all caregivers are also employed outside the home. Working caregivers sacrifice leisure time, and often suffer stress-related illnesses. Negative effects on working caregivers include time lost from work, lower productivity, quitting a job to give care, lost career opportunities and lower future earnings. Among working caregivers caring for a family or friend aged 65+, two-thirds report having to rearrange their work schedule, decrease their hours or take an unpaid leave in order to meet their caregiving responsibilities. Eventually, some 12 percent quit their jobs to provide care full-time. Work disruptions due to employee caregiving responsibilities result in productivity losses of \$1,142 per year per employee.

What Working Caregivers Can Do

Caring for an ill or disabled parent can be particularly challenging while juggling the competing demands of work and other family responsibilities. It is important to get the emotional and practical support you need to cope with the stress of being a caregiver. Taking care of yourself and gaining sufficient knowledge about your loved one's illness and resources available will help ensure that you are physically and emotionally able to care for your loved one. Consider the following in your care planning process:

- Obtain up-to-date information. Southern Caregiver Resource Center (SCRC) is a good place to turn for information. SCRC can provide a wealth of information about caregiving (education on a variety of illnesses, how to care for yourself as a caregiver, legal

issues, specific caregiving tips, etc.) and community resources available to help with your particular situation. Getting up-to-date information and increasing your knowledge base is a great first step to take to help you make informed decisions.

- Ask for help. Don't try to do everything yourself. Make a list of what you need help with and the times you need it. A sibling, relative or friend may be able to help you. A variety of organizations exist that can help with different aspects of your caregiving situation. SCRC can help you better understand different long-term care options available and can help you develop a plan to manage the care of your loved one and yourself.
- Give yourself periodic breaks from caregiving. Remember to schedule some time to relax. Respite care is designed to allow you some time to take a break from caregiving responsibilities. Family members, friends, adult day care centers and home care agencies are possible respite options for many caregivers. SCRC can help you explore a variety of respite options.
- Consider joining a support group to learn practical caregiving tips, receive emotional support and share information with other caregivers.
- Consider speaking with a professional counselor if you are feeling highly stressed and feel that individualized support would be helpful to you. SCRC offers short term counseling for caregivers with experienced, professional counselors at no charge.

What Employers Can Do

Eldercare is now recognized by a growing number of employers. One study involving working caregivers found that their needs include flexibility in work schedules, information about services and aging in general, support from coworkers and supervisors, and help in making decisions about care options and related issues. While larger employers may be better able to assist working caregivers with more expensive support options, there are many things that all employers can do to help working caregivers that involve little to no cost. Support for employees who have caregiving responsibilities can take a variety of forms:

- Employers can offer "cafeteria style" benefits which allow employees to select supplemental dependent care coverage to reimburse costs for in-home care or adult day care.
- Employee Assistance Programs (EAPs) can serve as a resource for information and assistance, counseling, and additional support.

(Continued on page 5)

Working and Caregiving*(Continued from page 4)*

- Through their Human Resources department, key staff and/or written materials (ex: company newsletter, resource listings), employers can provide information on helpful community resources and internet sites.
- Employers can offer flexible work hours, family illness days and leave time for staff who are struggling with caregiving demands.
- The Family and Medical Leave Act (FMLA) requires companies with 50 or more employees to allow up to 12 weeks of unpaid leave to employees to care for a seriously ill parent, spouse or child, while protecting job security.
- Employers can organize in-house health and wellness fairs where a variety of community service providers can be on-site to educate staff about their services. Larger employers can also organize in-house caregiver support groups.
- Employers can organize lunch-time seminars to educate caregiving employees on a variety of practical topics. SCRC is a great resource for employers in this regard and often is called upon to offer no cost education on-site at a variety of businesses. Employers can also keep track of caregiver conferences and seminars taking place in the community and make this information available to employees. Offering time off from work to attend relevant conferences can also be a practical idea. SCRC's website has a link to an up to date listing of educational events for caregivers. Just visit www.scrc.signonsandiego.com and follow the link located on the *Support Groups & Training* tab.



Action Alert!

Requested Action: Reject 10% Cut to Caregiver Resource Centers Budget Item 4440-111-0001

The California Caregiver Resource Centers (CRCs) – a nationally recognized model of multi-component caregiver support – is faced with a 10% reduction in funding for a system that has not received any increases for 7 years.

A 10% reduction would mean that respite services would be cut in half across the state.

The small monthly respite allocation administered by the CRCs can mean the difference in a family's ability to keep someone at home rather than being placed in out-of-home, institutional setting at a dramatically higher cost to the taxpayers through state and federal government payments. With this reduction, only 800 families would receive any assistance in their caregiving duties – down from over 1,600 in FY 06-07.

The respite wait list would increase to over 7,000 families with waiting times of over 3 years for services (24 months wait time FY 06-07).

Family caregivers are the majority long term care workforce in the state and their economic contributions are estimated to be over 4 billion dollars annually – far exceeding any combination of public expenditures. The majority of the families served by the CRC system are those in the lower middle-income range representing those who are ineligible for publicly funded services but not wealthy enough to pay privately for assistance. Almost 40% of CRC caregivers are over age 65 and are most at risk for physical and mental health problems as a result of prolonged stress. The CRCs – with trained staff and a package of evidence-based practices – can both support family caregivers and delay placement in facilities at a higher cost to the state.

The CRC program is a cost effective alternative for the state and if funding is reduced it will result in a loss of direct services to family caregivers.

We respectfully and urgently request that no cuts be made to the Caregiver Resource Centers for budget year 2008-2009.

To advocate for no budget cuts to the CRCs, please contact Denise Ducheny, Chair of the Senate Budget Committee, at (619) 409-7690, or email senator.ducheny@sen.ca.gov, Christine Kehoe at (619) 645-3133, or email senator.keho@sen.ca.gov, or Mark Wyland at (760) 931-2455.

If you have any questions, please contact Lorie Van Tilburg, Executive Director at Southern Caregiver Resource Center, (858) 268-4432.



NEWS FROM SAN DIEGO OFFICE



Veronika Glenn wins prestigious 2008 Healthcare Hero Award

Veronika Glenn,
Director of
Education
and Training
for Southern



Caregiver Resource Center (SCRC), has won the Grossmont Healthcare Districts **2008 Healthcare Hero Awards**. This award is given to individuals who are nominated by their peers for advancing the quality of healthcare in San Diego's East County and who give selflessly to help others.

For over ten years, Veronika has served families who provide long-term care for loved ones with chronic or disabling illnesses such as Alzheimer's, stroke, Parkinson's, cancer and more. In her education and training outreach work, Veronika has impacted thousands of adults, spouses, children, grandchildren and extended families who live in East County and San Diego as a whole. She surrounds these Caregivers with knowledge during the course of their loved ones' disease and prepares them for the inevitable transition they will be facing.

Veronika is a devoted and tireless healthcare professional and a true inspiration. Even with her demanding schedule, Veronika always has a smile on her face and time to spend with a suffering or heartbroken Family Caregiver. She can be found any time of day or night and on her days off serving the needs of East County Caregivers ~ sharing her expertise with them before, during and after her educational forums and support groups. *Congratulations, Veronika! Well Deserved!*

SCRC Welcomes New Staff Member!

Beth Romans joins SCRC as the new Director of Development. Beth has more than 15 years experience working in development for non-profit organizations. She has successfully managed annual campaigns, produced special events, and garnered significant corporate sponsorships and foundation funding.



Beth worked in the field of education and the arts, including RAND and the Friends of Cerritos Center for the Performing Arts. *"I am thrilled to be working with the Southern Caregiver Resource Center. I appreciate the challenges that face family caregivers and I am so happy to be able to make a difference in their lives. The SCRC has a great staff, dedicated Board of Directors, and an amazing group of wonderfully brave family caregivers. I am glad to be part of the team!"*

Welcome, Beth. We're glad you're here!

SD Huntington's Disease Society and SCRC discuss joint fundraiser

The San Diego Chapter of the Huntington's Disease Society of America deeply appreciates the wonderful services provided by the Southern Caregiver Resource Center. The two organizations' representatives recently met and discussed fostering an even closer working relationship. To that end we are exploring a date and theme for a joint fundraiser.

HDSA is experiencing a very active year with several highly successful events and Advocacy Programs.

Samples of Advocacy Activity:

- Presented and coordinated presentations made to the California Institute for Regenerative Medicine (CIRM) that then permitted the filing of a major grant application for stem cell research funds. The outcome of that application should be known within a few months.
- Was instrumental in the recent successful effort to gain Federal passage of the Genetic Information Non-Discrimination Act, which prohibits Insurance and Employment discrimination for all genetic diseases.
- Helped gain the FDA Advisory Committee's unanimous recommendation to approve Tetrabenazine for use in the USA.
- Supported the San Diego CIRM Consortium plans to collocate in a new building.
- Gained SSA Headquarters' understanding for the need to develop accelerated systems for SSDI and Medicare application approval in certain obvious cases.
- Met with San Diego area Congresspersons who agreed to either sponsor or co-sponsor an HDSA Bill. When enacted the Bill will update the HD Listings that SSA uses to qualify applicants for SSDI thereby greatly reducing the delays and frustration now encountered. Further, the Bill will eliminate the two year Medicare waiting period.

Currently Scheduled Fundraisers & Events:

- June 1st Rock 'n' Roll Marathon contact is Misty Oto at 760-809-5588 or roto1@cox.net.
- June 6th Shoot to Cure HD - Kim Ayres and Megan Linaugh are the event Co-Chair's and may be reached at kimmyayres@aol.com or 619-339-8195.
- June 7th Shootout at Charger Park (Family and kids basketball event) - Brett Krugman is the event chair and may be reached at 310-801-8749 or krugb04@yahoo.com.

(Continued on page 14)

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 Jenica Cohen-Richards, MSW.
- **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 Bumette, 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, LCSW.
- **CAREGIVER SUPPORT GROUP FOR MEN**, meets the 2nd Thursday of the month, 11 AM to 12:30 PM, at SCRC. 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, LCSW.
- **MULTIPLE SCLEROSIS CAREGIVER SUPPORT GROUP**, meets 3rd Thursday of the month at The Well Being, 4305 La Jolla Village Drive in University Towne Center, 6:30 to 8 PM. Facilitated by Seraphina Galante, 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.

■ **TELEPHONE SUPPORT GROUP FOR CAREGIVERS OF VETERANS WITH TRAUMATIC BRAIN INJURY**, meets the 2nd Thursday of the month, 10 to 11 AM. Facilitated by Andrea Cangiano, LCSW and Marianna Randolph, LCSW. *[Open to caregivers living in counties in the southern half of California.]*

Other Classes/Events

- **THE IMPACT OF PTSD: HELP FOR INDIVIDUALS, FAMILIES AND CAREGIVERS**, presented by the Rehab Center at Scripps Memorial Hospital Encinitas, May 17, 2008 from 8:15 AM to 4:30 PM at Scripps Memorial Hospital La Jolla, Schaetzel Center, 9888 Genesee Ave., La Jolla 92037. Six CME hours offered. For more information, cost, and reservations, call the Rehab Center at (760) 633-6513. Registration is limited.
- **THE EMOTIONAL ASPECTS OF CAREGIVING**, May 21, 2008, 11:30 AM to 2 PM, presented by Veronika Glenn at Silverado Senior Living, 335 Saxony Rd., Encinitas 92024. Two CEUs offered to professionals. Lunch will be provided. Register with Silverado Senior Living at (760) 753-1245.
- **EAST COUNTY SENIOR PROVIDERS 9TH ANNUAL SENIOR HEALTH FAIR**, May 30, 2008, 10 AM to 1 PM at the Santee Trolley Square, 9850 Mission Gorge Rd., Santee (near amphitheater and food court). Free health screenings for blood pressure, diabetes and more, plus educational programs, health and financial information, senior community services, home care services, nutrition services, raffle prizes, entertainment and much more! For more information, call La Mesa Adult Enrichment Center at (619) 464-0505.
- **CARING FOR DEAR ONES**, a free conference for caregivers presented by AIS, Caregiver Coalition, and San Diego Black Nurses Assoc., June 4, 2008, 8:30 AM to 1 PM at George Stevens Senior Community Center, 570 s. 65th St., San Diego 92114. Breakfast and lunch provided by AIS. Free respite care provided by SCRC. Register with SCRC by May 30, at (800) 827-1008.

■ **DEMENTIA: WHAT IT IS AND WHAT IT IS NOT**, June 10, 2008, 11:30 AM to 2 PM, presented by Veronika Glenn at Silverado Senior Living, 335 Saxony Rd., Encinitas 92024. Two CEUs offered to professionals. Lunch will be provided. Register with Silverado Senior Living at (760) 753-1245.


■ **STROKE**, June 17, 2008, 11:30 AM to 2 PM, presented by Veronika Glenn at Silverado Senior Living, 1500 Borden Rd., Escondido 92026. Two CEUs offered to professionals. Lunch will be provided. Register with Silverado Senior Living at (760) 737-7900.


■ **EMOTIONAL ISSUES IN CAREGIVING**, June 20, 2008, 10 to 11 AM presented by Veronika Glenn and Fallbrook Healthcare Foundation, at Pittenger House, 135 South Mission, Fallbrook 92028. Register with SCRC at (800) 827-1008.


■ **THE ART OF CAREGIVING**, presented by AIS and Caregiver Coalition, June 21, 2008, 9 AM to 2 PM at AmeriCare, 340 Rancheros Dr., #196, San Marcos 92069. Free health screenings. Respite provided by SCRC. For more information and registration call (760) 352-2588.

■ **AGING SUMMIT 2008 — FOCUS: LIFELONG LEARNING**, a conference for seniors and families, June 26, 2008, 9 AM to 3 PM at Town & Country Resort Convention Center, and California Center for the Arts in Escondido. Keynote Speaker is Astronaut Buzz Aldrin. Sponsored by Aging & Independence Services. Cost to attend is \$40 per person or free for persons 60 years and older, or persons with disabilities. Registration is required. Call (800) 827-4277 or see www.agingsummit2008.org.

Walking Groups

 **Lake Murray Concession Stand Early Birds: 2nd & 4th**
Saturday, 8 to 9 AM, Volunteer Ron Lohrbach leads walk.

 **Mission Bay Information Center Welcome Walkers: 1st & 3rd**
Wednesday, 11:30 AM to 12:30 PM, Volunteer Graceann Hall leads walk.

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

SCRC Offers Educational Opportunities for Caregivers

BEYOND CAREGIVING: COMING BACK TO YOU

Beyond Caregiving is an experiential program that guides caregivers to explore feelings using art expression. It allows participants an opportunity to create objects that they can retain. The techniques used in the classes include relaxation, visualization, writing, drawing, and collage. Art expertise is not necessary to participate in or benefit from this class.

Caroline I. attended several workshops and agreed to share her thoughts on how these classes could help other family caregivers.

"The 'Beyond Caregiving' workshops provide access to creative joy, creative flow, and creative sharing that produce an experience of 'flow' — the ability to do things in a natural way that is beyond thinking them through in a methodical way. The workshops enhance (one's) abilities to appreciate colors and textures and to find joy in making beauty and using symbolic representations through artistic composition."

"So much of caregiving is about planning, strategizing, working out the details of what needs to be done, and how to keep our emotions under control so that we can be effective and appropriate. The 'Beyond Care-

giving' class accesses a different plane of experience and opens up new pathways of fulfillment. We are given the opportunity to express our thoughts and feelings non-verbally through color and texture. We are enabled to create beauty... to share expressively with others, and to find a state of flow where actions come effortlessly.... We find access to exhilaration, to a renewed experience of beauty, to an expansion of joy."

If this sounds like something you would like to try, please join us for our upcoming Class Series — three class sessions of three hours each.

Tuesdays—July 9, July 16, July 23, 11 AM to 2:30 PM. Light lunch will be served. Must be taken as one series. Limited to six participants. \$50 for the series of three classes

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

Registration: Complete and mail registration form or call SCRC at (858) 268-4432. Please register and arrange payment by July 7.

Reminder: Art experience is not necessary. Respite is available. Sliding scale fee is available.

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.

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: Tuesdays, June 3 through June 24, 2008, 1:00 to 3:00 PM.

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

Cost: \$30

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



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.

- BEYOND CAREGIVING, \$50, begins Jul 9
- IT TAKES TWO, \$30, begins Jun 3

Clip and Mail to SCRC



Name: _____

Address: _____

City/State/Zip: _____

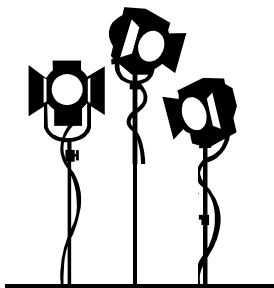
Telephone: _____ Email: _____

Payment Enclosed: \$ _____

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

Community Spotlight:

A Look at Opportunities and Information for Caregivers



*Southern Caregiver Resource Center is pleased to highlight articles of interest to caregivers in the **Community Spotlight**. The following three articles were submitted specifically for our newsletter and may be of value to many who are caring for a loved one. If you have any questions about any of the information in these articles, please contact the author directly. Please contact SCRC if you would like to submit an article for a future newsletter.*



Adaptive Clothing

Designed to make dressing easier for those with limited mobility

by Judi Ravetti of Ravetti's Adaptive Clothing

Whether one is a self-dresser or is dressed by a caregiver or attendant, modified apparel is very convenient and functional. Adaptive Clothing is for people who have limited mobility, are physically challenged or disabled with diminished motor skills due to illness, stroke, pain, Alzheimer's, injury, Parkinson's, aging, arthritis, fuller figures, etc.

Designers have recognized that caregivers also face back and knee trauma from lifting people, or may encounter aggression and resistance in attempting to dress individuals in traditional clothing. This clothing allows a caregiver to dress someone without struggling with arm or leg stiffness. Adaptive Clothing is designed to solve many of the daily issues associated with special needs dressing.

Adaptive Clothing will ease the ongoing frustration, pain and difficulty of dressing and help make life easier for the individual and/or the caregiver. Items are designed to make it easier for people with limited mobility to get dressed and undressed every day.

Examples of Adaptive Clothing:

- **Back-Snap Shirts, Tops or Dresses** are designed to allow the caregiver to slide a garment

onto the person being dressed without having to raise their arms or struggle with neck openings. This design also allows the caregiver to dress an aggressive or uncooperative individual from behind.

- **Open-Back Pants** are designed to slip on from a seated or lying down position, with the help of a caregiver, without ever having to stand up.
- **Jumpsuits** are for the inappropriate undresser. Some of the ladies jumpsuit styles have a snap crotch to aid with toileting or diaper changes.
- **Open-Seat Pants or Dresses (or 'Cutaway')** have no fabric on the seat and are for the non-ambulatory. This style is to make toileting and personal care an easier process. The open seat also helps with incontinent issues by enabling quick changing and reducing laundering needs. Pant styles also include a modesty panel (back flap) which snaps along the side. It is not necessary for one to get up from their bed, Geri-chair or wheel chair to change.
- **Side-Snap or Zip Slacks** have openings on both the right and

left sides to provide a larger opening for self dressers making it easier to step-in and/or slip on.

Adaptive Clothing is designed to remedy many of the daily issues associated with dressing, thereby bringing more comfort and relief to both the individual and caregiver. Many times, garments allowing one to be more self sufficient may mean the difference between living at home or living in a facility.

Adaptive Clothing provides ease for the caregiver and dignity for the wearer. It is fashionable, struggle free and suited to meet the needs of any level of mobility.

The San Diego area has an Adaptive Clothing store with the items described above and many more products for those with special dressing needs. Ravetti's Adaptive Clothing provides men and women adaptive and easy-on apparel. They will also special order items for your needs.

Ravetti's Adaptive Clothing is located at 7960 University Ave, #240, in La Mesa. Please call for directions, questions, and store hours at (619) 460-1702, or visit their web page at ravettis.com.



Reaching People with Alzheimer's through Music

By Barbara Jacobs, M.S.



Dr. Oliver Sacks, Professor of Clinical Neurology and Psychiatry at Columbia University, in his current bestselling book, *Musicophilia*, writes about the amazing therapeutic effects of music on people with Alzheimer's disease and other dementias. He states, "Music is no luxury to them but a necessity, and can have power beyond anything to restore them to themselves and to others at least for a while." In this eye-opening book he devotes a chapter to this subject entitled, "Music and Identity: Dementia and Music Therapy." For this population Dr. Sacks describes how familiar music is the key to eliciting emotions and unlocking words that have been silent.

Researchers have discovered that the teen years around the age of 14 are when musical preferences and memories are formed. Daniel Levitin in his book *This is Your Brain on Music* states, "We tend to remember things that have an emotional component because our [brain] and neurotransmitters act in concert to tag as important the memories of these emotionally charged years of self-discovery." Therefore, people with Alzheimer's disease can often sing the songs they heard during their teen years, even when they can no longer remember the names of their children. This behavior is also well documented in people with advanced dementia.

Throughout my twelve-year career as a therapeutic musician in nursing homes, I have witnessed the beneficial power of music for those with Alzheimer's disease. People in my classes who are virtually speechless and confused begin to sing, hum and sometimes dance once they are stimulated by music. The benefits of music and singing, such as mood improvement and calmer behavior, often persist for hours after the music has stopped. Joining your loved one in a musical activity can bring you both a sense of joy and well being.

During a recent music class in an Alzheimer's community, I had a thrilling interaction with Lou, a resident with moderate Alzheimer's including aphasia (loss of speech). I was playing a Judy Garland album, intending to reminisce with the residents before I played their favorite "oldies" on the piano for our sing-along. I randomly went into the audience and chose Lou to dance with me while Judy Garland was singing "Somewhere, Over the Rainbow." He joined me willingly, and before long held me in an appropriate dance position, stared into my eyes and clearly said the last few words of the song, "Why, Oh Why, Can't I?" I was thrilled, but somewhat baffled when I saw staff running to get their cameras, because I knew nothing about him. The staff later told me that this was the first time they had seen Lou speak and show any semblance of his former self. Apparently, he had been a great dancer and music lover in his pre-Alzheimer's disease life.

My formula for success, which can be replicated by caregivers at home, is a two-part music session. In the first part I play CDs of favorite recording artists such as Judy Garland and Nat King Cole. The second part consists of an old fashioned sing-along in which I accompany the residents on the piano. Everyone is given large-print lyrics of each song so they can fully participate – and they do!

If you would like to add music to your loved one's day, here are some activities to consider:

... Visit your local music store to find CDs from the 1930s through the 1950s. Songs should be familiar to your loved one, such as songs from their teen years. Favorite popular artists, Broadway shows such as "South Pacific" and "Oklahoma," and works of composers like George Gershwin are but a few possibilities.

- ... There are a number of ready-made sing-along DVD and video resources available at Amazon.com and found in many of the free senior product catalogs such as S&S Worldwide (1-800-243-9232) and Sea Bay Games (1-800-568-0188).
- ... Your public library is another wonderful resource where you can borrow musical CDs or DVDs of an opera or Broadway show.
- ... If you play an instrument and want to have a sing-along, play it at a slower pace and in a lower key. You can obtain lyrics from the Internet and print them out in an enlarged typeface.
- ... Create a soothing atmosphere by tuning your radio to a classical music station. My students particularly enjoy works by composers such as Mozart and Chopin.
- ... Add singing and humming to your daily activities and encourage your loved one to join in and sing. Your participation in musical activities is bound to lift your spirits too.

I have always known that music can open hearts. Through my teaching experience, reinforced by recent research, I have seen how it can also open minds.



Barbara Jacobs, M.S. is a therapeutic musician who has produced a series of musical sing-along DVDs for Alzheimer's patients and seniors.

Web site:

www.FrontRowSeatVideos.com

E-mail:

Barbara@CustomVideoSF.com

© Barbara Jacobs 2008



MONEY FROM HOME



The age of the reverse mortgage is giving caregivers a financial safety net

by Liliane Choney, Executive Director of ReVisions Resources

Like most family caregivers, Jeanette Parker Byrd wanted to respect her parents' wishes to stay in their home and out of institutional care, no matter what.

After six years of paying for round-the-clock professional in-home caregivers, her parents had exhausted their considerable savings and their substantial retirement income just wasn't enough anymore. When she called me about a reverse mortgage, the amount they owed on her parents' home equity credit line was more than \$100,000 and she and her brothers were struggling to help with the monthly payments. She was thinking of quitting her executive job to care for her parents.

Jeanette and her family are not alone. The challenge of paying for the expenses of long-term care not covered by insurance can be daunting, even for families that planned ahead and saved for a "rainy day".

The home may be a critical resource for over half of American families. To help caregivers and older adults understand how this resource can be used safely, the National Council on the Aging launched its *Use Your Home to Stay at Home™* initiative in 2005 to encourage the appropriate use of home equity and reverse mortgages to help older people live at home and pay for long-term care.

Reverse mortgages allow homeowners who are 62 years of age or older to use some of their home equity without having to sell the home or make monthly loan payments. Like with the more familiar home equity credit line, funds drawn are tax-free and do not affect Social Security income, title remains with the homeowner (the bank or the lender doesn't own the home!), and the loan is repaid when the home is sold.

The most popular reverse mortgage, the federally insured Home Equity Conversion Mortgage, also gives homeowners added flexibility in how the funds can be drawn, including

monthly payments guaranteed for life. While no up-front cash is needed for the loan, the federal insurance (MIP) expense makes these loans more expensive than using a home equity credit line for short-term needs.

With traditional home equity credit lines increasingly difficult to get in a time of declining home values and tight underwriting standards, an important benefit of reverse mortgages – other than no credit or income qualifications – is the ability to get rid of sub-prime and other adjustable mortgage loans facing payment increases.

In Jeanette's case, her family initially used a home equity credit line on her parents' home to draw the extra funds they needed. It was quick, easy, and there were no up-front expenses. It gave them immediate cash to pay their parents' monthly long-term care expense of \$10,000 – until the monthly payments became a problem.

While a reverse mortgage would pay off this debt and get rid of their monthly payments, Jeanette and her family had questions and concerns about the risks. We spent a great deal of time emailing, talking, and meeting in person looking at different "what ifs" and how their family would be affected by the reverse mortgage. Her Dad's biggest concern was the expense. She had others: was this a scam, who's behind it, would her parents be at risk if they left their home and needed nursing home care for an extended period, and how does the loan get settled? She had visions of the lender demanding their money back on her parents' deathbed.

All of these are common concerns and questions as until recently reverse mortgages haven't been on the radar screen as a resource for older adults. Although the concept is not new, it wasn't until the late 1980s that Congress allowed the FHA to insure what became known

as home equity conversion mortgages and safeguards were put into place to protect both borrowers and lenders, starting with mandatory consumer counseling for all applicants. Other safeguards include:

- FHA guarantees loan benefits for the *lifetime* of each borrower. Loan origination fees cannot exceed 2%.
- The amount that is repaid is only the actual amount drawn from the available proceeds, plus expenses and interest.
- When the loan is repaid, all remaining equity and appreciation belong to the owner or their heirs. Because of the FHA insurance, there can never be a shortfall. The lender does not receive an ownership interest in the property.
- The loan is due when the home is no longer the last borrower's **principal** residence and the homeowner is no longer able to accept mail at that address.
- If the home is sold, the loan is repaid through the escrow.
- If the homeowner passes away, the heirs have a reasonable settlement period in which they can refinance the loan or sell the home. (With other types of mortgage debt, the heirs would not have an automatic grace period and loan payments would need to be made.)

Of the 345,762 reverse loans insured to date by the FHA, nearly one-third were made in 2007, according to the AARP Public Policy Institute and HUD, and 27% of those were in California.

Jeanette and her family decided that a reverse mortgage was the right solution for them. It would take care of their monthly payments, give them the cash they needed for care in the home, and the Parker home would not be at risk. It would lift a huge burden for all of them. They could enjoy their precious remaining time together without worrying about money.

Liliane Choney founded the nonprofit ReVisions Resources nearly 20 years ago to provide services and information to older adults and their families. She can be reached at Liliane@revisionsresources.org.

We Challenged the Blank Page

by Maggie Marshall

I simply can't imagine that only three short years ago Southern Caregiver Resource Center (SCRC) embarked upon the *Space of Beauty* journaling program. The SCRC staff, as well as other clinical experts, knew then, and now, that *writing from the heart* is an important tool to help people move through difficult times. However, often the challenge one faces when writing to get their thoughts down, is overwhelming when a blank journaling book is opened to see the stark, blank pages – we don't have a clue how to get started. The beauty of this Space of Beauty journaling program is that not only are the journals beautiful works of art, the pages are also filled with artwork and journaling prompts unique to each recipient. This mix of ingredients guides and encourages the journal recipient to write down their thoughts and concerns.



In November 2007, 100 caregivers/journal recipients were invited to mark the three-year culmination of this program at the 100th Tea Party Celebration. The caregivers met with each other and also had an opportunity to meet the artists that made their journals. Throughout the first three years of the program, caregivers were given their unique, individualized journals at a Tea Party, so we wanted to carry the Tea Party theme into this 100th landmark celebration.

SCRC had the honor of being granted the 2007 MetLife Award from The National Alliance for Caregiving for "innovation" in the *Space of Beauty* journaling program. SCRC is grateful to MetLife for making it possible for us to honor all 100 caregivers, 25 volunteer artists and the SCRC staff at a Tea Party to mark this 100th journal occasion.

In 2008, SCRC and the artists wholeheartedly agreed to continue making individual journals for caregivers. Special thanks are extended to Jane LaFazio, who once again agreed to head up our group of talented artists. We are grateful in this new season for the continuing artists, Thérèse Bélanger, Cathy Bourdon, Nancy Bruce, Joan Chan, Maxine Custer, Lucy Hernandez, Jane LaFazio, Sandy La Flair, Jeannie Moore, and Cheryl Reist, and we welcome new artists, Karin de Baay, Karen Canfield and Josie Rodriguez. We all look forward to the next 100 journals.

We are also expanding the areas where we are encouraging caregivers to write. On May 13, volunteer Kim Wu from the Mission Bay Walking Group, led the

third annual Self Realization Fellowship Center Garden Walk in Encinitas. Caregivers were asked to bring their journals with them and Maggie provided a "writing prompt" as part of the meditation exercise.

Veronika Glenn and Maggie continue to teach classes through OASIS. *Steer With Your Pencil: Reminiscing and Journaling* will be offered on Tuesday, August 19, from 10:15 to 12:15 PM at Macy's in Mission Valley (see www.oasisnet.org/sandiego for more information on how to register).

If you are interested in learning more about journaling, or interested in having your very own journal, ask your SCRC Family Consultant for more details.

Photos: Top to Bottom

Laura Spano, Volunteer Caregiver Network
Maggie Marshall, Dir. Caregiver Network
Janet Judge, journal recipient



Linda Monzo, journal recipient
Susan Kopp & Maxine Custer, artists



Thérèse Bélanger is one of the 25 volunteer artists who received a certificate of appreciation



We take every opportunity to write and the Tea Party was no exception.

Write to find your voice!



Miracles Can, and Do, Happen

by Adrienne Burnette, PhD, MFT

The Miracle of Support Groups

Southern Caregiver Resource Center sponsors support groups all around San Diego county. I facilitate a support group at The Remington Club in Rancho Bernardo. I have seen miracles happen:

- At one point, we had a white-knuckler who was so angry about the situation with his mom that he could barely contain his rage. He attended every meeting and eventually became calm, relaxed, and confident.
- There was another caregiver who was distressed, distraught, and beside himself as to how to communicate with his mom who he said was driving him crazy. Eventually, he became the group mentor.
- A young lady thought her life was over when her husband had a stroke that precluded him from caring for himself. Eventually she got a full-time job, started working out at the gym and lost those 15 lbs she put on from stress, went to lunch with girlfriends, and basically got her life back.
- After 43 years of marriage, a lady's husband was diagnosed with Alzheimer's disease. With the group members' help, she created a new life.

One time a lady came to the support group and asked, "How can you possibly help me?" Well, the members responded with:

- We solve common problems
- We share our joys and sorrows
- We find humor in the situation, which is challenging sometimes
- We try out new coping skills and report back to the group
- We eventually feel more in control of our lives
- We have access to new resources as our situation changes
- We support one another through hardships
- We are brought together with others who understand
- We tailor the support group to our needs
- It is cheaper than a therapist

Often, caregivers feel too shy or embarrassed to discuss their situation, so they don't attend. However, you are not obligated to speak up in the group. Sometimes trust and a connection takes a few meetings. Generally, one time will not provide an accurate perception of the group. The second time is more telling as to how you will benefit for your own personal reasons. Results are found when you keep coming back. Give it a go, it will help.

I would like to add that a support group can boost your emotional and physical well-being. "Research indicates attending support groups can be beneficial. Two research studies indicated that people in support groups, in addition to their medical treatments, reported less anxiety and depression and actually lived longer than those who did not attend. It is speculated that having the social support of others in the group boosts the immune system by reducing the persons' anxiety and psychological stress."*

* National ME/FM Action Network, "Benefits of Support Groups."

The Miracle of Exercise

On December 8, Denis was hit and run over by an SUV. He was walking on the pedestrian walkway just 20 feet from Walmart. The driver of the SUV was turned around in the driver's seat, yelling at her children in the back seat, while making a left turn when she hit him. His neck (C6), leg, left foot, and left calf were broken. Denis said that he felt no pain at any time. In fact, he asked someone for a cell phone and called his wife. "You are not going to believe what happened today," he said to her.

Denis was in the hospital for a month rehabilitating from his injuries. The only pain he felt was when he had to exercise as part of his physical therapy program. He said that exercise hurt, but he persevered. At first he could not sit up in bed. Eventually he could transition from the bed to a wheelchair. One accomplishment led to another until he was walking, and then walking without an assistive device.

Denis is recovered now and is back at home. He is also back to being the full-time caregiver for his wife. His good friend and neighbor, Randy, stayed with his wife until Denis returned home. Denis is 80 years old. He said that he was able to recover so well and so quickly because he stayed in good shape by swimming 2 to 5 miles a week in a heated outdoor community pool. He stressed how important exercise was before his accident as well as after. He said he is not yet able to swim those two miles, but he is working on it one lap at a time.



So, the moral is ... exercise for good health now, and later.

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.



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-impairing 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 498 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
www.link2care.net

HDSA & SCRC (Continued from page 6)

- June 11th Race Across America - Sharon Shaffer is the event chair and may be reached at 619.213.3227 or sharonshaffer@cox.net.

Please know that you will be most welcome at any of the SD HDSA events!

Southern Caregiver Resource Center

announces a new way for you to offer your support to caregivers!

What if Southern Caregiver Resource Center earned a penny every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause? Well, now it can!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and Southern Caregiver Resource Center receives donations!

GoodShop.com is a new online shopping mall which donates up to 37% of each purchase to your favorite cause! Hundreds of great stores have teamed up with GoodShop and every time you place an order, you'll be supporting the Southern Caregiver Resource Center.

Just go to www.goodsearch.com and be sure to enter **Southern Caregiver Resource Center** at the prompt that asks **"Who do you GoodShop for?"**

Spread the word! It's fun, it's easy, and best of all, you'll be supporting Southern Caregiver Resource Center's services for caregivers!

Start now! Go to www.goodsearch.com today!



"Ribbon Raiser"

The Space of Beauty journaling program is in need of lots of cloth ribbons (less than 2" wide) to decorate the hand-made journals that are given to caregivers. If you have ANY snippets or spools to donate, please drop them off at the office the next time you're in, or, at one of the walking or support groups, or, send them to Maggie at SCRC.

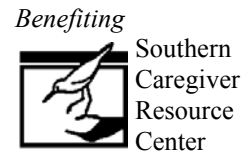
Your donation will be greatly appreciated and will contribute to the uniqueness of the journals. Thank you!

You're Invited . . . You're Invited . . . You're Invited . . . You're Invited . . .

Southern Caregiver Resource Center *presents the 17th annual*



Bastille Day Celebration



Saturday, July 12, 2008, 4 to 8 PM

at the

Fairbanks Ranch Clubhouse, San Dieguito Rd., Rancho Santa Fe 92067

Enjoy . . . Wine Tasting, Hors d'Oeuvres, Live Entertainment, Wine & Gift Silent Auctions
\$125 per person

Questions? Call (858) 268-4432 and ask for Beth or Lorie.

Please detach the portion below and mail with your payment to SCRC, 3675 Ruffin Rd, Ste. 230, San Diego CA 92123.

Yes, I want to join the Bastille Day Celebration on July 12th!

- Please reserve _____ Wine Tasting and Silent Auction tickets at \$125 each.
- I am unable to attend but want to support the SCRC with my tax deductible donation of \$_____.
- Payment enclosed. Make checks payable to SCRC, or charge my Visa Mastercard

Card No. _____ Exp. Date _____

Name _____

Signature _____

Address _____

City/Zip/Phone _____

Name(s) of Guest(s) _____

Mail to SCRC at 3675 Ruffin Rd., Suite 230, San Diego 92123.

Please respond by July 7, 2008. Reservations will be held in your name at the door.

SCRC Tax ID #33-0402867

Please Note: The net charitable deduction equals the ticket price less the fair market value of considerations received. For this event, the tax deductible amount is \$75. per ticket.



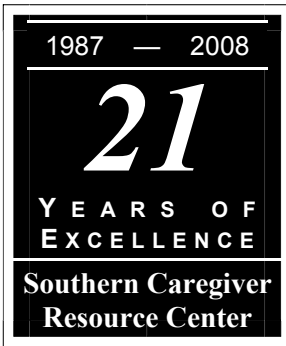


Southern Regional Resource Center Inc. dba
Southern Caregiver Resource Center

Part of a statewide system of Caregiver Resource Centers

3675 Ruffin Road, Suite 230
 San Diego CA 92123

Non Profit
 U.S. Postage
 PAID
 Permit No. 1
 San Diego CA



Wavelengths

Volume 41, Spring-Summer 2008

RESPITE SOS
Lifesaving Support for Family Caregivers

YES!
 I want to contribute to the
“Respite Challenge.”
Caring for those who care for others . . .
 Thank you for your help!

Southern Caregiver Resource Center



BOARD OF DIRECTORS
 Matthew R. Buck, J.D.
 Nancy K. Ewin, Esq.
 Fred C. Hernandez
 Susan Gregory
 Cindy Lehman
 Suzanne Zoumaras

SCRC STAFF
 Lorie Van Tilburg, Executive Director
 Cathy Bourdon, Executive Assistant
 Adrienne Burnette, Family Consultant
 Kurt Buske, Dir. Programs & Services
 Andrea Cangiano, Family Consultant
 Norma Celaya, Community Liaison
 Jenica Cohen-Richards, Family Consultant
 Seraphina Galante, Family Consultant
 Veronika Glenn, Dir. Education & Training
 Loving Layug, Admin Assistant
 Maggie Marshall, Dir. Caregiver-to-Caregiver Network
 Marianna Randolph, Family Consultant
 Beth Romans, Director of Development
 Ann Sanderson, Family Consultant
 Kami Shevlin, Admin. Assistant II

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 _____

City/State/Zip _____

Phone (work) _____ (home) _____

I am making this gift in memory of honor of

Name _____

Address _____

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 www.scrc.signonsandiego.com.**

I wish to be recognized in SCRC newsletter I have included SCRC in my will