

Heart & Hands

CONNECTION



1765 GOODYEAR AVENUE, STE #205 • VENTURA, CA 93003-8015

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Hospital Discharge and Homecoming Enrolls First Participant

Volunteer and retired RN Suzanne Scarberry is working closely with the Office Team at CAREGIVERS to launch the new Hospital Discharge & Homecoming Program funded by Dignity Health's Community Grant Program.

This project prioritizes requests from seniors who are transitioning from hospital to home by providing more immediate volunteer support and case management in conjunction with a hospital's discharge planning office. Ideally, CAREGIVERS is looking for a senior who is a good fit for volunteer caregiving services, but in the case of a hospital discharge, the senior may be conditionally enrolled in order to begin providing additional support services upon return to the home.

Initially, Volunteer Suzanne Scarberry will be assigned for a 30-day period. While her professional credentials may lead one to believe she can provide medical care, her role as a volunteer



Senior Engagement Coordinator Leslie Winn and Volunteer Suzanne Scarberry enroll the first participant in the Hospital Discharge & Homecoming Program

caregiver is defined and limited. CAREGIVERS Volunteers assist with grocery shopping, picking up pharmaceuticals, helping to arrange transportation to follow up appointments with physicians, and preparing meals, for example. CAREGIVERS Volunteers do not provide personal care such as toileting, bathing or transferring. In its pilot stage, Suzanne's professional background will inform the development of a volunteer training program, ensuring that neighborly volunteers know when

HOSPITAL DISCHARGE AND HOMECOMING ENROLLS FIRST PARTICIPANT continued on page 8



Jack Tingstrom

In Memory of CAREGIVERS' Honorary Director Jack Tingstrom

The Honorable Clifton "Jack" Tingstrom, former mayor of the City of San Buenaventura, died peacefully on April 21, 2018 at the age of 82. For those in the CAREGIVERS family who received the fall appeal letter, Jack wrote about how quickly his mobility was impacted after his birthday. Getting in and out of his chair became a huge challenge and he understood firsthand how difficult everyday tasks became; grocery shopping, preparing a meal, changing the bedding, and getting to and from the doctor's office felt insurmountable.

Those were the last eight months of Jack's life, a phase he began preparing for nearly 35 years ago when his friend Norm Weitzel invited him to lend his time and talent to CAREGIVERS. At that stage, Jack had already been around the globe, serving in Japan for four years during his tour with the U.S. Navy as a cryptographer and returning to civilian life to embark on a 25 year career with General Telephone.

At the center of his world were his family and his community. He and Luanna were married 61 years

IN MEMORY OF CAREGIVERS' HONORARY DIRECTOR JACK TINGSTROM continued on page 9

Profile Match: Senior Ray & Volunteer Dustin By Jim Bonner, Volunteer Writer & Photographer

When you meet Ray in this story you will have to agree that longevity is a repeating theme with him. He and Dustin have become “best friends,” and perhaps because Dustin is also the son that Ray never had. But first let’s start at the beginning of his story.

Ray was born in eastern South Dakota on a farm area which he said was “all farm land.” At 21, he was called for duty prior to World War II. His first connection with California started when he did his Army basic training at Camp Roberts, near Paso Robles. He then did additional training at Ft. Ord in Monterey and down to the Imperial Valley to be trained for field artillery.

Fortunately for Ray, when war broke out, he was not sent directly into battle, but instead to the Aleutian Islands in Alaska where he was stationed for two years. Finally, he got orders to go to Germany, but by that time the war in Europe was almost over and he saw very little action. Luckily for Ray, again, he was not sent to fight in the Pacific war, but to Texas where he received his honorable discharge from the Army.

After the war, Ray returned to his native South Dakota for a while but decided to go west to California. I asked him why and he said, “I liked the weather!” He settled in Los Angeles and started working for the telephone company because he had training from the Army on switchboards. As is Ray’s style, he stayed with the telephone company for 32 years.

When Ray was not working, he enjoyed playing golf in a foursome with three good friends. He also said he was a good bowler, played darts, and he was very active with the Elks Lodge, and again, a member for 65 years. With a smile on his face, he boasted he had plenty of lady friends in that time.

After Ray retired a friend suggested he consider coming to the Ventura



Ray and Dustin

Photo Credit: Jim Bonner

area where he invested in a double-wide mobile home near fruit and walnut groves. That was 38 years ago and he is still in that very same home!

“This area looked very much different back when I first moved to Ventura” Ray said. For one thing he said he used to watch folks take off from the peak that we call “Two Trees” on hang gliders.

His volunteer, Dustin, was matched with Ray about 10 months ago. Another success story! CAREGIVERS seems to do wonderful matching as they both liked each other from the first visit. Dustin was born in Ventura and grew up in Lake Tahoe. Since his father was in the military, he “moved around a lot” as a child, and ultimately returned to Ventura where he settled with his family nearly 20 years ago.

Ray was guided to CAREGIVERS by a niece in Minneapolis and says he was very happy being matched with Dustin. Dustin normally visits on Sundays and they spend a lot of time talking, and watching sports on television. I’m told Dustin is a “Jack of all trades” and Ray never has to worry about things being fixed. When Ray needed a DVD player hooked up to a television, Dustin was on top of it. No problem.

If you were to visit Ray you would think that his home is exceptionally clean, organized, and nicely decorated. He was neatly dressed with a stylish gray pair of slacks, a long sleeved, striped shirt and a beautiful white knit sweater vest. Ray did all the home decoration, picked out the furnishings and he does all his own housework. He even still does all the grocery shopping and preparation of his food. This may not seem exceptional, but again, this story is about longevity. You see, in January 2018 Ray had his 98th birthday!

In Ray’s way of sticking to what he likes, I am certain that Ray will be part of the CAREGIVERS Family for a long-time to come! ❤️

Fires Test the Most Frail in our Community

Matilda, a 69-year old Ventura resident who lives alone, was terrified when the Thomas Fire was burning wildly throughout the town in December of 2017. Due to the proximity of the fire to her home and with nowhere else to go, she was evacuated to the Ventura County Fairgrounds. Luckily, she had a volunteer CAREGIVERS match with Chaya, who comforted and supported her during her stay of nearly two weeks at the Fairgrounds. Chaya visited often and brought her necessary medications and items to make her Fairgrounds stay more bearable. When Matilda was admitted to the hospital for chest pains during the evacuation ordeal, Chaya visited her there as well and helped ease her anxiety. Matilda was relieved to finally make it back home but her heart ached for the friends she had made at the Fairgrounds who were not able to return home. Once again, Chaya came to the rescue and drove Matilda to the Fairgrounds so she could visit with her now dear friends. Chaya’s friendship and assistance has been a lifesaver for Matilda and Chaya is so happy to be able to help. ❤️



2018 Golf Tournament Tops \$50,000—AGAIN!



Doug Miller dispatched cigars courtesy of Kretek International to the 2018 Men in Kilts prior to the start of the St. Patrick's Day Parade on Saturday, March 17. (L-R) Pablo Ortiz of Gold Coast Broadcasting, CAREGIVERS Board Member Bill Kracht of O'Leary's Tavern, Doug sans kilt, CAREGIVERS Board Member Augie Martinez of Pacific Premier Bank, Dan McGrath, Ricardo Diaz of United Site Services, Bruce Holley of Kirby Auto Group, Jim Nicoll of Nicoll Insurance and Financial Services, Tim Laubacher of DCH Toyota of Ventura and Mike Reynolds of Soares, Sandall, Bernacchi & Petrovich.

Once again, the McGrath Family *Wearin' o' the Green* and Norm Weitzel Open topped \$50,000 in gross revenue. "It's no longer an anomaly. This is a trend," said Jim Nicoll of Nicoll Insurance & Financial Services, who has helped to build the committee and grow the tournament the last few years. "This really comes down to dedicated volunteers who work side-by-side with the staff—in the face of firestorms and the heartfelt losses of Jack Ging, Chap Morris and most recently Jack Tingstrom—to produce an extraordinary event."

In keeping with tradition since Year 20 of the event, CAREGIVERS reaches deep into its history to celebrate volunteers who have been committed to ensuring the success of this Ventura County tradition. Past honorees include event founders, Norm Weitzel and Jack Collings; Jack Tingstrom and Shane Morger; John Zaruka and Mel Sheeler; Nils Johnson and Blake Wade, Judith Frazier, John Raftery, Sam Martinez and Pablo Ortiz. The 2018 honorees are Cie Macias and Mike Reese.



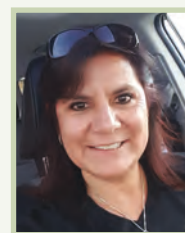
MIKE REESE

When Mike Reese is not in the shop at Signarama or out on his boat fishing, he is a dedicated and contributing community member. For years, Mike

and his team at Signarama have carved out

time to give back to vulnerable populations. Since 2010, Signarama has generously gifted every tee sign on the *Wearin' o' the Green* course. Each tee sign represents a \$100 donation from the donor and a gift-in-kind value from Signarama of Ventura. CAREGIVERS isn't the only charity that's benefited from Mike's generosity. Every year for Thanksgiving, he hosts a huge turkey fry at his shop in Ventura to address food insecurity and contribute to organizations like FoodShare. Delicious turkeys bathed in garlic butter or jalapeno, served with his wife's yummy mashed potatoes and green beans—and the gravy! Oh, the gravy! In just a few year's time, Mike has

made a difference by embracing this mission. If you want to know what philanthropy looks like, here's your sign! Thank you, Mike! You mean the world to us!



CIE MACIAS

Cie Macias first joined the CAREGIVERS family in the early 1990s, and was appointed to the board in Spring 1997.

Wearin' o' the Green

Co-Founder Norm Weitzel was the chairman of the board, and Cie was sitting alongside folks like Ginny Camarillo, Judy Frazier, Norma Fulkerson, Keith York and the late and Honorable Jack Tingstrom. All of these folks remain actively involved as volunteers, and continue to set an example for Cie to follow! Back in 1997, Cie signed up just in time for the 5th *Wearin' o' the Green!* Tee sponsors were \$75 and Cie not only served on the Board of Directors, she served on the Golf Committee for eight years. By the time she stepped down from that responsibility, tee signs were up to \$100. Professionally, Cie has made her career at State Farm Insurance, in most recent years as a Fraud Investigator. While her focus has shifted largely to her role as grandma, she continues to bring guidance and institutional memory to the organization as a board member and donor. Cie is one of many unsung heroes whom we look to shower with gratitude. Cie, consider this honor to be a drop in the bucket! We've only just begun. ♥

Remembering Jack Ging and Chap Morris

Condolences go out to the families of Jack Ging and Chappy Morris, both integral to the McGrath Family *Wearin' o' the Green*/Norm Weitzel Open.

Jack, affectionately known as "Amtrak Jack" died in a tragic house fire two months before the tournament. He had served on the committee the last two years and was instrumental in helping with sponsorships and raffle prizes. He leaves two college-age sons behind and will be sorely missed.

McGrath Clan Cousin J. Chapman "Chappy" Morris died Friday, March 16 on the eve of St. Patrick's Day. Just one week prior, he was trading kilts with Cousin Tim Laubacher, and rumor has it fenagling the fit with some safety pins and masking tape in anticipation of the downtown parade and March 19 golf tournament. Chap was becoming a regular sponsor of the "Hole-in-One" contest through W.L. Morris Chevrolet, and most of all, enjoyed every opportunity he could to join his cousins in serving the community and CAREGIVERS.

CAREGIVERS: Volunteers Assisting the Elderly wishes to thank everyone for their generous support. November 4, 2017 - March 25, 2018

Following is a list of Donors who were able to give January 1 - March 25, 2018

INDIVIDUAL DONORS

Cindy Albert
Lydia Barreto
Neelima Bhatnagar
Betty Burnham
Faye Campbell
Maria Cheung
Doris Clark
Skye Clark
Hank Corcoran
Harriet Curry
Annie Dransfeldt
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Mark Shappee
Sister Barbara Anne
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Franklin Yeager
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Amgen Foundation Staff Giving Programs
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California Association of Hospitals and Health Systems
Channel Islands Gulls
City of Oxnard
Dignity Health
First United Methodist Church
Network for Good
SCAN
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State of California Tax Refund
Swift Memorial Healthcare Foundation
The Wood-Claeysens Foundation
Trinity Lutheran Church
TRUIST
United Way California Captial Region
United Way of Ventura County
Wonderful Giving
YourCause - Edison International

SAILATHON 2017

Jeralyn Keller
La Dolce Vita Ristorante, Catering & Lounge
M.A.R.C., Inc.
Virtual Stake

EVENING OF GRATITUDE '18

Assisted Home Hospice
Bob & Ginny Camarillo
Buena Vista Hospice Care
Comfort Keepers In Home Care
Great Pacific Pumpkins
Hub International
La Dolce Vita
Mary McGrath



You can use the Donate button at www.vccaregivers.org to make your gift today. Just be sure to send us an email to info@vccaregivers.org designating your honoree.

Some donors are not listed and wish to remain anonymous. If your name is missing, incorrectly listed or misspelled, please accept our sincere apology and bring the error to our attention.

CAREGIVERS: Volunteers Assisting the Elderly does not sell or share its donor list with any other organization.

WEARIN' O' THE GREEN

Marianne Allen
ARTZworks
Assisted Hospice Care
Steve Ball
Lauri Barcelona
Peter Barry
Carl Belichesky
Carol Boatner
Kevin Brower
Vella Buchanan
Larry Bushey
Kenny Calauastro
Bob & Ginny Camarillo
Ruben Carmona
Collings & Associates
Comfort Keepers In Home Care
Cronies Sports Grill
Cypress Senior Living
Andy Dalto
Chuck Diego
Domino's Pizza
Edward Jones, Gaea Verneris
ElderAdmin
Matt Fausset
Lou Fejardo
Final Details
Jerry Gallagher
Hector Gancedo
Darin Glinski
Ben Goleman
Juan Gonzalez
Great Pacific Pumpkins
Michael Greenslit
Richard Haller
Kristopher Hansen
James Hendrick
Husam Hishmeh
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Ray Krakowski
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Jonathan Laubacher
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Augie Martinez
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Beverlee McGrath
Dan McGrath
Martin McGrath
Mary McGrath
Doug Miller
Mimiaga Engineering Group
Don Morse
Mortgage Couch
MoveGreen
Nicoll Insurance & Finance
Oaktree Property
O'Leary's Tavern

Pablo Ortiz
Mark Pagano
Randy Perdue
Play It Again Sports
Pothier Hypnotherapy
Dan & Jamie Price
Rabobank
Matt Rivkin
Carlos Rodriguez
Jake Rolls
Rolls Scaffold, Inc.
David Rosolek
S & S Bankcard Systems
David Schwartz & Tammy I. Glenn
Semtech Corporation
S.M.A.R.T.
Brian Spaak
Jason Tarin
Jim Thompson
Kevin Thompson
Mike Toler
Declan Torney
Urbane Cafe
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Jim Valdez
Ventura Chamber Biz Connect II
Ventura County Credit Union
Ventura County Deputy Sheriffs Association
Ventura County Pharmacy
VITAS Healthcare
Charles & Blake Wade
Lynn Weitzel
John Weitzel
David Weitzel
Chris Weitzel
Walt White
YMCA
John & Linda Zaruka

SILVER STRAND CHARITY-TEE PUTT PUTT TOURNAMENT

Beachcomber Tavern
Wendy Bliss
Jim Burdette
Michael Calderon
Mike Campbell
Channel Islands Gulls
Robert Church
Glen Corbett
Jenny Curtis
R.J. Cutting
Dann Marshall Daggett
Alyssa Depompa
Shea Elder
Rosmary Ennabe
David Finn
Christine Gardner
Tammy I. Glenn
Meggie Hawthorne
Rodger Hayne
Don Hinson

Richard Hodge
William Hutchins
Kathryn James
Suzanne Jellison
Daniel Jove
Sarah Kelleher
Dave Kinnoin
Wendy Lee
William Lincoln
Lisa Anglin,
National Fidelity Title
Rachel Long
Jessica Lopez
Fiona Ma
Brooke McMann
Meggie Hawthorne, Keller
Williams W. Ventura County
Sandra Nelson
Coleen Olivas
Jake Persons

Steven Pettersen
Brian Pittman
Premier America Credit Union
Joe & Casey Robinson
John Romero
Travis Root
Tamara Rossie-Molina
Sharky's Woodfired Mexican Grill
Walton Soo Hoo
Mary Thomas
Townsend Public Affairs
Vince Vicedo
Laura Webb
Jim & Laura Wilkes
Ila Woods
Carolyn Woods
Alicia Yoder
Richard Yoder
Jon Zimmerman

GIFT IN KIND

ARTZworks
Carol Boatner
Buenaventura Golf Course
Cantara Wine Cellars
Channel Islands Kayak Center
Art Chaparro
Clearwater at Riverpark
Comfort Keepers In Home Care
Dee Dee's Dog Spot
DeEtta Massage Therapy
Discovery Ventura
Domino's Pizza
Elite Island Resorts
Final Details
Fox Fine Jewelry
George Thompsons Diamond Co.
Tammy I. Glenn
Gold Coast Broadcasting
Jason Hodge

Home Depot
IN-N-OUT
Sarah Kelleher
Kirby Auto Group
Kretek International, Inc.
La Dolce Vita Ristorante,
Catering & Lounge
Levity Live Comedy Club
Lure Fish House
Meggie Hawthorne, Keller
Williams W. Ventura County
Jay Midgley
Doug Miller
Jim Nicoll
Nicoll Insurance & Financial
O-Sabi Japanese Restaurant
O'Leary's Tavern
Olivas Links Golf Course
Eleanor Powell
S & S Bankcard Systems

Santa Ynez Band of Chumash Indians Foundation
Scott Photography
SEALon
Sharky's Woodfired Mexican Grill
Sherwin-Williams
Smoker's Castle
Snapper Jacks Taco Shack
State Farm
The Bunker, Indoor Golf Center
The Canyon Club
Trader Joe's
Ventura County Pharmacy
Ventura Travel Professionals
John Weitzel
YMCA
Yolanda's Mexican Cafe
ZOLIRx Pharmacy

HEART & HANDS SOCIETY



Don & Terry Belless
Bob & Ginny Camarillo
Judith Chamberlin
Jack & Wendy Collings
Augie Martinez

Edward Rose
Jack Tingstrom
The McGrath Family Clan
The Norm Weitzel Family

HEART OF GOLD



Ray Capolla
Todd Collart
Diane & John Flynn
Tammy I. Glenn & David Schwartz
James Hendrick
Husam Hishmeh
John & Katie McBride

Mary McGrath
Susan Sher
The Kaplan Family
John & Lillie Tourette
Robert & Mary Allen Villar
Charles & Blake Wade
Lynn Weitzel
Seiji & Mary Yoshioka

HELPING HANDS CLUB



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Lynn Alesso
Patricia Allison
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Helen Babcock
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Neil Weinrich
Stan Weisel
Chris Weitzel
Dave Weitzel
John Weitzel
Lynn Weitzel
Steve Weitzel
Jeff Wentling
Walt White
Richard Wibbelmann

DONOR LIST continued on page 7



The Helping Hands Club

“You never know when a helping hand will change another person’s entire life.” — Zig Ziglar

With your helping hands in mind, CAREGIVERS invites you to partner with other like-minded individuals to transform the lives of vulnerable seniors who are navigating their way through the psycho-social and financial challenges of aging. Your annual gift of \$120 or more provides:

- ♥ 1:1 matches for frail, homebound seniors
- ♥ Phone Friends
- ♥ Transportation assistance
- ♥ Counseling, referrals and information
- ♥ Care Packages for seniors and their families
- ♥ Honey Do Crew
- ♥ Building Bridges Intergenerational Student Volunteers

The greater your investment, the longer we sustain programs and services, ensuring that CAREGIVERS will be there when no one else can be — when the needs become too profound and the opportunities become too few. CAREGIVERS volunteers will be there to offer comfort along the journey and hopefully, a softer landing toward the end of life.



Celebrate with a Gift to CAREGIVERS!

Good Neighbor Jewel Gentlewoman Gentleman Diamond Capital Fellow Superhero Pearl Persona Grata Mensch

Back where I come from there are men who do nothing all day but good deeds. They are called phila... er, phila... er, yes, er, Good Deed Doers.

— The Wizard of Oz

Each of us has at least one Good Deed Doer in our lives, one who has made a difference. You know...the Teacher, the Clergyman, your Aunt or Uncle, Sister or Brother, a Mentor, a Friend, your Mom or Dad. We invite you to say “Thank You” to these special individuals by making a gift to CAREGIVERS in their honor or memory.

These are the Jewels, the Good Neighbors, the Personas Gratas who have cared for you in the Past, who are there for you in the Present and will be here for you in the Future.

Not all of our Ventura County seniors are as fortunate to have this circle of care, and that’s when CAREGIVERS steps in to fill the gap by matching dedicated volunteers with needy homebound seniors.

Your gift honoring the Good Deed Doers in your life will help Ventura County continue to demonstrate how our community bands together to support our most valued elders. Look for your special someone(s) to be publicized in local media, on the CAREGIVERS website and in the next issue of *Heart & Hands*.

We look forward to adding you to our list of good people who contribute their time and resources to our mission of independent living for frail elders so that we can call you a Good Deed Doer, too.

With Gratitude,

Berta Steele
Volunteer

Mel Sheeler
Honorary Board Member

Ginny Camarillo
Honorary Board Member

P.S. If you are honoring and/or remembering more than one person, please use a separate piece of paper to list their names. Send to CAREGIVERS, 1765 Goodyear Avenue, Suite 205, Ventura, California 93003, or call (805) 658-8530.



The Helping Hands Club
Become an annual member with your gift of \$10 per month or \$120+



Heart of Gold Fellowship
Recognizing Individual Gifts of \$83 per month or \$1,000+ annually



The Heart & Hands Society
Honoring Gifts of \$5,000 or more pledged over five years.



The Heritage Society
Legacy Gifts through Planned Giving or your simple codicil

Name: _____

Tel: _____

Address: _____

City/State/Zip: _____

Email: _____



Return this portion to: CAREGIVERS
1765 Goodyear Avenue, Suite 205 Ventura, CA 93003-8015
Tel. (805) 658-8530 • Fax (805) 658-8537 • www.vccaregivers.org

- Check enclosed \$ _____
- Please invoice me Monthly \$ _____ Quarterly \$ _____ Annually \$ _____
- Contact me to set up credit card billing.
- Please contact me. I want to know more about including CAREGIVERS in my plans.
- CAREGIVERS is in my will. I just haven’t told you about it yet!



2018-2019 Sponsorship Opportunities

CAREGIVERS events are designed for networking and friend-raising. Ask us about tailoring our sponsorships to meet your business needs.

Sailathon

Sunday, October 21, 2018

SPONSORSHIP OPPORTUNITIES

A signature fundraising event in Ventura County, the 17th Annual Sailathon is open to all forms of watercraft. From sails to paddles to motors, Ventura's finest hit the waters just off the Ventura Pier for a day of fun, sun and friendly yacht club rivalry. After several laps around the course, all are invited back to a closing reception filled with good food, signature cocktails and a sailing-themed auction and raffle.



- Title Sponsor **\$7,500**
- Presenting Sponsor **\$5,000**
- Beacon Sponsor **\$3,000**
- Anchor Sponsor **\$1,250**
- Foghorn Sponsor **\$500**

Silver Strand CHARI-TEE

PUTT PUTT TOURNAMENT

Saturday, November 17, 2018

SPONSORSHIP OPPORTUNITIES

The Chari-Tee Putt Putt Golf Tournament is a one-of-a-kind event that brings together community, creativity, and charity! Established in 2009 in Silver Strand with the goal of harnessing the creative energy and giving capacity of a neighborhood. Silver Strand residents build their own miniature golf holes—a day filled with prizes, food and fun for the whole family.

Presenting Sponsor \$2,500

Caddy Shack \$750

Par-Tee Hole \$250

Gopher Sponsor \$100



Call us if you'd like to Host a Hole!

The McGrath Family

Wearin' o' the Green

THE NORM WEITZEL OPEN • MARCH 2019 (TBA)

SPONSORSHIP OPPORTUNITIES

The McGrath Family *Wearin' o' the Green* kicks off with the downtown Ventura Parade and caps with the Norm Weitzel Open, one of the oldest golf tournaments in Ventura County. Whether it's your first time in a tournament or your polishing your single-digit handicap, join us in celebrating St. Patrick's Day. It's worth the admission ticket just to see the (Wo)Men in Kilts, to check out the Pot of Gold Prizes and to feast on a traditional buffet of corned beef and cabbage!

- Presenting Sponsor: **\$7,500**
- Pot o' Gold Sponsor **\$5,000**
- Shamrock Sponsor **\$3,000**
- Clover Sponsor **\$1,250**
- Leprechaun Sponsor **\$600**

SUPERSIZE YOUR SPONSORSHIP:

- Malafooster **\$750**
- Deargmheisce **\$250**

Evening of Gratitude

May 2019 • (TBA)

SPONSORSHIP OPPORTUNITIES

An evening Celebrating more than 400 men, women and student volunteers who help to make CAREGIVERS one of the longest lasting and most impactful human service organizations in the county.

Title Sponsor **\$5,000**

Presenting Sponsor **\$2,500**

Celestial Sponsor **\$1,000**

North Star Sponsor **\$500**

Moonlight Sponsor **\$250**



For further information please contact: Megan Hickernell, (805) 658-8530
or email megan@vccaregivers.org • www.vccaregivers.org/wotg.php

IN MEMORY OF

Louis & BJ Adams	<i>In Memory of</i>	Charlotte Raitt
Nancy Ayers	<i>In Memory of</i>	Tom Ayers
Richard Calzada	<i>In Memory of</i>	Jack Garcia
Kristine DeDiana	<i>In Memory of</i>	DeDe Holman
Linda Dillon	<i>In Memory of</i>	Loretta Saez
Diane & John Flynn Family	<i>In Memory of</i>	Marty Kaplan
Lydia Kaplan	<i>In Memory of</i>	Marty Kaplan
Ernie Melonas	<i>In Memory of</i>	Nick & Olga Melonas
Reta Singer	<i>In Memory of</i>	Marty Kaplan
Gerald & Alice Weiner	<i>In Memory of</i>	James & Kazuko Okamoto

IN HONOR OF...

Bartley Bleuel	<i>In Honor of</i>	Bart & Michelle Bleuel
Carol Boatner	<i>In Honor of</i>	Norm Weitzel
Ginny & Bob Camarillo	<i>In Honor of</i>	Caregivers Board
Tammy I. Glenn	<i>In Honor of</i>	Connie Korenstein
Tammy I. Glenn	<i>In Honor of</i>	Grandma Berta Steele
Mary McGrath	<i>In Honor of</i>	All our Firefighters & 1st Responders



Thank you SCAN Health Plan and MoveGreen. In addition to the beautiful workspace that Development Assistant Megan Hickernell is enjoying, SCAN Health Plan donated several other upgrades to the office and MoveGreen gave CAREGIVERS a great deal on the move. Stop by for a cup of coffee and check out the new storage cabinets, ergonomic desk chairs, and the big white board that helps the staff track transportation requests from seniors. ❤️



2018 Norm Weitzel Award To Volunteer Ed Rose

The Channel Islands Masonic Lodge #214 and CAREGIVERS present the 2018 Norm Weitzel Award to Volunteer Ed Rose. Ed follows in the footsteps of The Honorable Harry Walsh (2015), Dorothy Schupbach (2016) and Volunteer John Baker (2017). He initially came on the scene in February 1992 when Sr. Jane Kelley recruited him. At that time, Ed had been working the swing shift at the City of Oxnard's Water Treatment Plant and he was matched with

Senior Doris Dryer. It was a typical assignment, helping her with paperwork and transportation. When Doris passed away, Ed took on another senior match, James Fuller, whom he helped with errands and friendly visits so James didn't feel so alone.

In 1992, CAREGIVERS was eight years old and now the organization is approaching its 35th year, Ed Rose is still actively volunteering. He did take a break back in 2007, but not for long! Once he retired from the City of Oxnard, he came right back to CAREGIVERS within months. Today, Ed enjoys his retirement and travels quite a bit. Volunteering has evolved over the years. Today, he serves as an appointment driver which gives him the flexible schedule he needs these days while still allowing him to make a meaningful contribution to seniors who need door-through-door transportation. Ed lets the Office Team know which days and what times he's available each week and he's pretty much on call when he's needed.

In selecting the honoree, CAREGIVERS works with the Masons to vet each candidate. Criteria is based on qualities that emulate the ethical principles of freemasonry and exhibited by Masonic Brother Norm Weitzel. The honoree must have a demonstrated commitment to CAREGIVERS—just like Norm Weitzel did—both as a volunteer and donor. Like Norm, Ed's philanthropic support extends throughout his history of service to CAREGIVERS. In addition, Ed has distinguished himself as a consistent and dedicated member of the CAREGIVERS family for more than 25 years.

He still finds the time to enjoy being an avid hiker and outdoorsman. This includes his love for fishing and gardening, commuting between Ventura and Santa Barbara with his long-time girlfriend, Joyce.

Congratulations and thank you, Ed! ❤️

Recruiting Volunteers in Thousand Oaks



As a key Amgen Foundation partner (for more than 25 years!), CAREGIVERS was invited to participate in the volunteer fair held on the Thousand Oaks campus on April 10. The fair, in honor of National Volunteer Week, is an annual opportunity for Amgen staff members to come out during their lunch hour and learn about local nonprofit organizations looking for volunteer support. ❤️



Welcome Miss Etta May Lubick-MacLeod, the granddaughter of Donor Berta Steele. Here they are with Berta's daughter, Naomi. Berta writes from Sweden, "[Etta May] changes every day. What a wonderful experience to have a granddaughter—all the fun without the diaper changing!" Mazel Tov, Berta! ❤️



Volunteer Expertise Injects New Opportunities for Senior Engagement



Doug with a couple of his grandchildren

Doug Miller retired from his professional career as a social worker more than four years ago, and recently found himself called back to duty—as a volunteer! Long hours and no pay!

“The hours are really only as long as I want them to be,” Doug said, “and as for the compensation, I’m not sure we can put a price on volunteerism. It’s very rewarding to know that all my years of experience still hold value.”

Doug was introduced to CAREGIVERS through the Retired Senior Volunteer Program out of Oxnard. RSVP Director Marisue Eastlake is frequently in touch with colleagues at CAREGIVERS to explore volunteer opportunities. Her last placement with CAREGIVERS was Volunteer Photographer Jim Bonner (*see his profile piece on page 2*).

Over the last six months, Doug has been working with Executive Director Tammy Glenn to conduct a 360 degree review of the organization with a particular eye on the quality and expansion of service delivery throughout the County.

“Volunteer Caregiving has been positioning itself in the healthcare continuum over the last few years, and we wanted to get a fresh perspective on our approach,” said Executive Director Tammy Glenn. “Doug’s background starts with his education and a

Masters in Social Work, and includes stints as an Administrator for the Arizona Department of Economic Security and Director of Children & Family Services for the Ventura County Human Services Agency—just two examples of the professional experience he’s brought to CAREGIVERS. The insights Doug gained throughout his career have opened up several new opportunities not previously on our radar—and it comes to us as a gift.”

First and foremost, CAREGIVERS is taking a step back to see volunteers in a new light. “Volunteer Caregiving has a meaningful role to play when it comes to consideration of the Social Determinants of Health,” Doug said. “These are not new ideas to Volunteer Caregiving, but the way we communicate our contribution in other arenas will help to convey the perceived value—which is significant.”

Furthermore, as an MSW, Doug has volunteered to serve as a Field Instructor which opens the door for CAREGIVERS to host graduate-level interns. “Hosting Master’s level interns is in keeping with the service learning projects we’ve conducted with CSUCI since I started here in 2012,” Tammy said. Doug concurs, “Injecting the latest academic theory into the program will only enhance the quality of service CAREGIVERS is already offering.”

To that end, CAREGIVERS welcomed to the Office Team in April, Ms. Leslie Winn, who is now serving as the Coordinator for Senior Engagement. Leslie graduated with honors in Psychology from UC Santa Cruz

and is currently pursuing her Master’s degree in Social Work at CSU Northridge. Since obtaining her Bachelor’s degree, Leslie has worked as a peer counselor and advocate for domestic violence, a youth development specialist, and most recently as a caseload manager and recovery specialist with an eye on aging issues. This last year, she has been interning at Ventura County Behavioral Health where she provides individual support and conducts safety assessments and referral services. In joining CAREGIVERS, Leslie is reviewing existing case files to ensure seniors are not slipping through the cracks when care is most needed. She’s also taking the lead to launch the Hospital Discharge & Homecoming Program with Volunteer Suzanne Scarberry. (See story on page 1).



Leslie Winn

“CAREGIVERS continues to be at the forefront in defining the value of Volunteer Caregiving,” said Pat Blaisdell, FACHE and Vice President, Continuum of Care for the California Hospital Association. “Tammy presented at the Post Acute Care Conference this spring to healthcare professionals who are enthusiastically embracing volunteer caregiving throughout the State of California. The Faith in Action movement that was launched in 1984 by the Robert Wood Johnson Foundation is experiencing a resurgence at a critical time in healthcare.” ♥

Coffee@CAREGIVERS

11 a.m. to Noon | 4th Thursdays

CAREGIVERS Office
1765 Goodyear in Ventura

Join us in the office for a casual get-together with other volunteers who are serving seniors.

Share your triumphs, but most of all, share your challenges. We can all learn from each other’s experiences.

RSVPs are welcome, but not necessary to participate.



HOSPITAL DISCHARGE AND HOMECOMING ENROLLS FIRST PARTICIPANT *continued from page 1*

professional help needs to be called upon. In the event this kind of care is required, a member of the office team can assist in reaching out to the hospital discharge planner or an appropriate community partner program, such as Livingston Memorial Visiting Nurse Association.

The Hospital Discharge & Homecoming Program was initially launched by the volunteer caregiving program, Neighbors Who Care, in Sun Lakes AZ. The goal was to address hospital readmission rates which were upwards of 15 percent in the area. In the last four years, results from Neighbors Who Care indicate a 1.7 percent readmission rate for seniors who work with volunteer caregivers in the month

that follows a hospital discharge. “We only serve clients who agree to our help,” said Eric Ehst, executive director of Neighbors Who Care. “Most contact us directly, or through family, after receiving info from the hospital. A few are referred to us from the hospital and our case manager/care coordinator contacts them to see if they want help and qualify for our program. Either way, the results speak for themselves and we’re eager to see if this model can be replicated with success in other communities like Ventura County.”

Seniors who have a pending hospital visit are encouraged to contact the Office Team in advance at (805) 658-8530. ♥

City of Thousand Oaks Funds CAREGIVERS Expansion

The City of Thousand Oaks has awarded a two-year Social Services Grant to support the expansion of volunteer caregiving in the community from July 1, 2018 – June 30, 2019 and July 1, 2019 – June 30, 2020. “While the grant is dependent upon two additional actions—confirmation from the federal government of the amount of the City’s HUD grant and review/approval by the City Council—we are honored and relieved to have this support,” said Board Chair Gail Field. Over the last two years, the senior and volunteer base has started to grow in the East County. Low income seniors who lack a family support system are the most vulnerable and volunteer caregiving adds a critical layer of support that often can make the difference in their ability to continue to live independently. CAREGIVERS is anticipating enrollment upwards of 40 seniors over the next two years. “Support from the City of Thousand Oaks is a testament to the value we bring and we’re grateful to count TO’s Council on Aging among our champions. This achievement gives me great pride as Board Chair and as a resident of Thousand Oaks,” Gail noted. ♥



2018 marked the first year volunteers delivered Valentine’s roses to the Conejo Valley

IN MEMORY OF CAREGIVERS’ HONORARY DIRECTOR JACK TINGSTROM *continued from page 1*

at the time of his death with three additional generations of Tingstroms thanks to daughters Leanne and Cathy, grandchildren Stephen and Chelsea and their little ones. In the community, Jack was elected to the Ventura City Council from 1991-1999 and served as mayor from 1996-1998.

During his tenure with Rotary, he was committed to developing leaders and took great pride in the Practical Relevant Leadership Skills program. He transferred these lessons to every aspect of his community service from the Ventura City Parks and Recreation Commission, to the Ventura County Transportation Commission to the Pastoral Council for Our Lady of the Assumption Parish. The capstone of his community service was as an advocate for senior affairs. While the centerpiece of that advocacy emanated from his role as an Honorary Director with CAREGIVERS, Jack made his presence known—on a frequent basis—throughout Ventura County, working closely with Ventura Mayor Cheryl Heitmann, Ventura Council for Seniors Chair Suz Montgomery, County Supervisor Steve Bennett and Ventura County Transportation Commission Director Darren Kettle. He lobbied support from both sides of the political aisle to raise awareness of issues detrimental to the aging population. These included but were not limited to transportation obstacles, taxation, rent control and housing, and access to medical care.

Jack helped to broaden the network of support at CAREGIVERS by opening up his “rolodex” and introducing the organization to

key leaders whom he encouraged to take an interest in elder affairs. The most notable of these introductions was to The McGrath Family, one of the County’s oldest founding families. Through Dan McGrath, Jack reached out to the entire clan—the Borchard, Coultas, Doud, Dunbar, Haynes, Laubacher, McCormick and Morris families—each of whom have honored their legacy and family ties to CAREGIVERS by becoming champions for vulnerable seniors in Ventura County.

Jack enjoyed many aspects of the organization, but his favorite event was the McGrath Family *Wearin’ o’ the Green* and Norm Weitzel Open. He loved being out on the golf course, and envisioned expanding on Norm Weitzel’s fundraising success by leveraging St. Patrick’s Day activities for the entire week, starting with the downtown parade. To that end, Jack always hosted new friends—golfers or not—for the tournament, and he planned a legacy endowment gift in addition to a small insurance policy to establish “The Jack Tingstrom Fund for CAREGIVERS” that would ensure continued annual development for the organization.

“Not all of us have family and friends around to help us in the fragile years, but thanks to CAREGIVERS Volunteers, some of the most frail seniors in our community have volunteer support for their most basic needs. That support comes because people like you and me contribute to this important organization.”

— Jack Tingstrom, December 13, 2017

He will always be remembered for his love of family, country and community. ♥

Remembering Those Who Bring Meaning to Our Work and Volunteerism...

November 1, 2017 - April 5, 2018

- Shirley Atkins** since May 2010
- Tom Bucklin** since February 2010
- Darcy Chutan** since August 2013
- Nellie Czerniak** since April 2012
- Betty Dodge** since August 2007
- Charles “Bill” Dutton** since September 2016
- Bill Edwards** since August 2017
- David Grassel** since May 2017
- Marvin Hayward** since May 2015
- Delton Johnson** since September 2009
- Virginia Kitko** since August 2007
- Mitzie LaPort** since January 2018
- Mabel Larson** since August 2012
- Jean LeVan** since June 2007
- Dorie London** since June 2017
- John Martin** since May 2013
- Meredith McClary** since July 2012
- Shirley Parker** since March 2017
- Wanda Potts** since January 2002
- Amalia Razo** since March 2017
- Laura “Camille” Robertson** since October 2009
- Sophie Rodriquez** since September 2010
- Ed See** since May 2014
- Victoria Torres** since October 2017
- Patricia “Pat” Wadsworth** since December 2010
- Violet West** since August 2006
- Kay Westling** since September 2010
- Robert Wilemon** since April 2010
- Cecil Zaat** since January 2017

Volunteer Marie Carter

since June 2000

Volunteer Jack Ging

since March 2017

Donor J. Chapman “Chappy” Morris

since March 2014

Donor Jack Tingstrom

since 1986 ♥



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ELECTRONIC SERVICE REQUESTED

CAREGIVERS MISSION

To promote the health, well-being, dignity and independence of frail, homebound elders through one-on-one relationships with trusted volunteers.

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Cecilia Macias

Augie Martinez



*Thank you to Jim Bonner,
Volunteer Photographer*

HONORARY BOARD MEMBERS

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In Memoriam

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Shane Morger

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OUR TEAM

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George Harrell,
Building Bridges Coordinator

Megan Hickernell,
Development Assistant

Dee Weddle,
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Leslie Winn,
Senior Engagement

Lauri Barcelona,
Barcelona Bookkeeping

Laura A. Cunz,
RiversEdge Graphic Design

Carolyn Gamble,
Foundation Relations

Jamie Isom,
Girl Friday & sometimes Tuesday

Time and Talent Needed

**Join us for our next
committee meeting.**

Call (805) 658-8530

*Help out and meet some new friends
as we gear up for events in 2018*

- **Sailathon**
October 21, 2018
- **Silver Strand Chari-Tee Putt Putt**
Saturday, November 17, 2018
- **Norm Weitzel Open**
Monday, March, 2019

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CAREGIVERS is one of the original pilot programs for volunteer caregiving — in the nation! Founded in 1984, the Sisters of St. Joseph of Carondelet collaborated with Trinity Lutheran Church, Ventura; First United Methodist Church, Ventura; Sisters of Holy Cross; National Council of Jewish Women; First United Methodist Women, Ventura; First Presbyterian Church, Santa Paula; Ventura County Church of Religious Science, and the Aid Association for Lutherans. CAREGIVERS: Volunteers Assisting the Elderly is committed to providing services, offering employment and volunteer opportunities to all, without discriminating on the basis of age, gender, race, religion, sexual orientation, ethnicity, national origin or disability.