

HEALTHY AGING SUMMIT

Mark your calendar. The 2nd Regional Healthy Aging Summit is scheduled for Saturday, **October 18, 2003** at the Exposition Center of Cal Expo in **Sacramento**. You can receive free health checks and health information, visit a huge resource fair and enjoy multicultural entertainment all day long.

The summit is sponsored by the Healthy Aging Coalition of Northern California, a coalition of public agencies, non-profit associations, health-care systems and organizations that provide services for older Californians. Leslie Sandberg, chair of the coalition and chief liaison officer for UC Davis Health System, said, "This year's regional summit will be a multi-cultural celebration fitting for America's most diverse city. We've designed the summit so elders and their families from all communities can enjoy the day together. In addition to more than 15 free health screenings and six workshops, we're planning multicultural entertainment and active amusements for grandchildren.

The summit will begin at 8:00 AM with a one-mile Healthy Aging Walk sponsored by AARP. The program will kick off with a keynote address by retired high school football coach Herman Boone who inspired the movie "Remember the Titans." At the summit, coach Boone will talk about building a strong community based on the strength of diversity. A variety of workshops will be held throughout the day.

For more information about the Regional Healthy Aging summit, call (916) 734-6441.

HONORING OURSELVES. . .HONORING OUR ELDERS

Come learn the basics of everyday caring on **Saturday, November 8, 2003** from 8:30 AM to 3:00 PM at the Turtle Grove Park Community Building in **Markleeville**. A Step Ahead Caregiving Advocates will present an outstanding workshop specifically designed for caregivers who are providing care in the home. Sharpen your caregiving skills in a variety of areas including—body mechanics and transfers, home safety, nutrition, incontinence care and honoring the caregiver.

This workshop is **FREE**, lunch is provided. Pre-registration is strongly recommended, please call (530) 694-2146 to reserve your space.

DID YOU KNOW:

- *November is National Family Caregiver's Month.*
- *Nearly one out of every four households (22.4 million households) is involved in caregiving to persons aged 50 or over.*
- *To find out more information about Caregiving visit www.deloro.org or www.caregiver.org.*

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DIRECTOR'S CORNER

JANET E. CLAYPOOLE, MSW

As most of you are quite aware, the fiscal year began on July 1, 2003 and once again there was no budget in place in order to provide services. Del Oro CRC suspended vouchered services (Respite, Legal Consults, and Counseling) for caregivers in many counties as we waited for the budget to be approved in this year of financial crisis. Fortunately, the Caregiver Resource Center system did not receive any budget cuts. We are grateful to the legislators who continue to support services for caregivers and the frail elderly, and to the caregivers and communities who offer ongoing support as well.

Del Oro CRC continues to be a recipient of federal funds of the National Family Caregiver Support Program through Area 4 Agency on Aging and Area 11 Agency on Aging (San Joaquin Department of Aging). These funds provide respite, caregiver trainings, support groups, counseling, assessment, information and assistance, and other much needed services to caregivers throughout the Central Valley area. These federal funds provided services to over 2,200 caregivers this past year. Thank you to Area 4 Agency on Aging and San Joaquin Department of Aging (A11AA) for reaching out to these family caregivers in need.

As we approach the Fall, it is time for planning events for this fiscal year. We have quite a few trainings scheduled: *Living Well with Parkinson's Seminar* and *It's Never Too Late* in September, Healthy Aging Summit and Mental Health & Aging Conference in October, and the educational series, **Powerful Tools for Caregivers**. Please look for more information regarding these events in this edition of *Pathways*. As planning continues, we are asking for your input regarding service needs and suggestions for education topics in your community. Please take time to complete the survey on the next page regarding the caregiver trainings provided by Del Oro CRC throughout our 13-county service region. We are interested in any suggestions you may have for improving outreach regarding special events. Please mail this form back to the Carmichael office or fax to us at (916) 971-9446. Thank you for taking the time to provide this important feedback to our staff and Board of Directors so that we can incorporate it into our work plan and continue our mission of caring for families who care.



GIFTS FROM THE HEART

Mr. Thomas Bass
Ms. Maria Curiel
Mr. Ralph Guilieri
Ms. Rita Haggerty
Ms. Luatrice Perrin
Ms. Alice Quinn
Ms. Kim Taylor
Mr. and Mrs. Marcus Vanderlaan
Mr. John Wren

In Memory of Don Boze
Mr. and Mrs. Gresham

CAREGIVER TRAINING SURVEY

Del Oro Caregiver Resource Center would like your feedback! Your input will help our agency to create educational programs that serves you better. Please complete this form and mail to: Del Oro Caregiver Resource Center, 5723A Marconi Ave., Carmichael, CA 95608 or Fax to us at (916) 971-9446.

I. For reference, what county do you reside in? _____

II. Have you attended Del Oro sponsored events in the past? Yes No

a. If you answer was no, what reason best describes why you have not attended:

- The topic was not of interest
- The day/time was not conducive to my schedule
- I did not have anyone to care for my loved one
- The training was too far for me to travel

III. What topics are of interest to you?

- Alzheimer's Disease Huntington's Disease
- Arthritis Legal Planning Workshop
- Diabetes Men's Caregiving Workshop
- Family Communication Placement
- Grief and Loss Reversal of Roles with Aging Parents
- Hiring In Home Care Stroke
- Humor Workshop Other topics _____

IV. Is there a specific speaker you are interested in hearing? _____

V. What day of the week would work best for you to attend education and training events?

- Monday Friday
- Tuesday Saturday
- Wednesday Sunday
- Thursday

VI. What time would work best for your schedule?

- Mornings
- Afternoons
- Evenings

VII. How far are you willing to travel to attend an education and training event?

- 10 miles or less
- 20 miles or less
- 40 miles or less
- 100 miles or less

VIII. Additional Comments/Suggestions: _____

VOLUNTEERS NEEDED FOR I n - MEMORY RESEARCH STUDY

Investigators at the University of California Davis at the Ellison Ambulatory Care Center are seeking research volunteers with and without memory problems to participate in research designed to solve the mystery of how genetics and stress hormones affect memory. UCD is looking for Male and female volunteers between the ages of 65 and 90 who are in good health, non-smokers, without chronic lower back problems and living at home or in an assisted living facility.

The study involves 2 visits to the Ellison Ambulatory Care Building, having one lumbar puncture (“spinal tap”) and a blood draw to see which version of a gene you have. Participants will then be asked a series of questions that are designed to evaluate memory, thinking capacity and mood.

Volunteers will receive \$200 compensation for the Lumbar Puncture study visit. If you would like to participate or need more information, call Bobbi Livingston Henk at (916) 734-6750

ARE YOU A CAREGIVER IN NEED OF LEGAL ASSISTANCE?

Del Oro Caregiver Resource Center has received a National Family Caregiver Support Program grant from Area 4 Agency on Aging to assist persons caring for a family member over the age of sixty. With these funds, we are able to offer up to two hours of FREE legal consultation with an elder law attorney.

Caregivers have utilized this time to explore long-term care and Medi-Cal planning, obtaining or reviewing legal documents (e.g., Durable Powers of Attorney), and the reassurance of knowing their loved one’s affairs are in order.

For more information, or to determine if you qualify, please contact Del Oro Caregiver Resource Center at (916) 971-0893 or (800) 635-0220 while funds are still available.

WHAT INSPIRES YOU?

“There is in every true woman’s heart a spark of heavenly fire, which lies dormant in the broad daylight of prosperity; but which kindles up, and beams and blazes in the dark hour of adversity.”

- Washington Irving

A dose of motivation helps us to cope with the challenges we face daily, giving us strength and reinforcing our beliefs in our abilities. It can help lift your spirits, restore your confidence as a caregiver and ignite your creative energy.

Is there a passage or quote that inspires you as a caregiver? We welcome your submissions and encourage you to help inspire other caregivers along the way! Please send your submissions to Michelle Nevins, *Pathways* Editor, Del Oro Caregiver Resource Center, 5723A Marconi Ave., Carmichael, CA 95608, or via email to mnevins@deloro.org.

Look for a dose of motivation and inspiration in future editions of *Pathways*!

EDUCATIONAL PROGRAMS FOR CAREGIVERS

There are many different training programs occurring throughout Del Oro CRC's service area. The following is a list of events that Del Oro is co-sponsoring or helping to promote. Please contact the designated phone number listed after each event for further details.

"Living Well with Parkinson's Disease"

Join us for this 10th annual seminar featuring former Governor Booth Gardner, Kathrynne Holden, M.S., R.D., and Carl Hammer with exercises for all of us.

Saturday, September 13, 2003 from 10:00 AM —2:15 PM at the Scottish Rite Masonic Center, 6151 H Street in Sacramento. The cost to attend this program is \$15 in advance and \$20 at the door, Lunch is included. For more information call **(800) 635-0220**.

"Being with Grief"

Grief is the normal and natural response to loss of any kind. It is an intense, fundamental emotional process, a universal experience which makes us all human. Join us for this FREE educational workshop with Stephen Gilbert, CMEC, CGRC, LFD.

Tuesday, September 16, 2003 from 9:00 —11:00 AM at the Maidu Community Center, 1550 Maidu Drive in Roseville. For more information call **(800) 635-0220**.

"Memory: Where did I put it?"

Join Larry Dawes, MSW, CMC from Eskaton, as he provides a new approach to maximizing your memory. Learn what is normal forgetfulness and when it is necessary to seek assistance.

Friday, September 19, 2003 from 1:00—3:00 PM at the El Dorado Hills Pavilion, 1012 Harvard Way in El Dorado Hills. For more information call **(530) 621-6151**.

"Legal Planning Workshop" Robin S. Diamond, Attorney at Law will discuss how to effectively plan for our loved ones and ourselves and as we meet the challenge of growing older and/or facing incapacity. Medicare/Medi-Cal, Durable Powers of Attorney, Wills and Probate are just a few topics to be covered.

Wednesday, October 8, 2003 from 10:00AM—1:00 PM at the Grange Hall in Stoneyford. For more information call **(530) 963-3266**.

"The Marathon of Caregiving" Are you a family caregiver who is tired of running the marathon? Join us for this FREE workshop to learn practical ways to cope with the stress of caregiving, and tips to improve your overall health and well-being.

Saturday, October 11, 2003 from 8:30 AM to 12 Noon at St. John Vianney, 10497 Coloma Rd. in Rancho Cordova. For more information or to register call **(800) 635-0220**.

"YMCA Community Health Fair"

Free health fair for the entire family, over 40 organizations will be represented and provide health screenings, fun, food, and demonstrations.

Saturday, October 18, 2003 from 10:00 AM—2:00 PM at the YMCA, 1304 S. San Joaquin St. in Stockton. For more information call **(209) 467-2446**.

"Caregiving. . .Challenges and Rewards"

Join other caregivers for a day of learning and sharing for family and friends caring for someone at home. Workshop topics include: taking care of the caregiver, body mechanics and transfers, home safety and equipment,



**OCTOBER 17, 2003
1:00-3:00 PM**

***An Art Therapy
Workshop for Caregivers***

**Bethany Home
999 W. Second Ave., Ripon, CA**

Elizabeth Rawson with The Creative Advantage will present a hands on art therapy program especially for caregivers. No background in art of any kind is necessary. Elizabeth uses the creative arts as support and renewal for caregivers. The goals of this workshop are to provide a relaxing atmosphere, a safe place to interact with other caregivers, stress reduction, renewal, and the fostering of self-empowerment through self-care. Caregivers attending previous workshops with Elizabeth have attested to the value of art therapy in achieving these goals and unanimously react with a sense of fun and joy!

**For further information call Mary Anna Love at
(209) 599-4892**

Funding for this event has been provided in part by the San Joaquin County Department of Aging through The National Family Caregiver Support Program

AREA SUPPORT GROUPS

The following are just a few of the support groups available in the 13 County Service Area of Del Oro Caregiver Resource Center. Please contact us at **(800) 635-0220** if you would like a comprehensive list of support groups.

Adult Children with Aging Relatives Support Group

Lodi

2nd Wednesday 4:30 PM

Hutchins Street Square Senior Center

125 S. Hutchins Street

Terri Whitmire, MA 209/369-6921

ALS Support Group

Sacramento

3rd Saturday 1:00 PM

Kaiser Point West Medical Center

1650 Response Rd.

916/921-9518

Alzheimer's Disease Support Group Roseville

2nd Wednesday 6:00 PM

Somer Park

1 Somer Ridge Dr.

Trish Driver 916/773-5955

Alzheimer's Disease Support Group Jackson

4th Wednesday 10:00 AM

Senior Center

229 New York Ranch Rd.

Ronna Esparza 800/540-3340

Alzheimer's Disease Support Group

Manteca

4th Tuesday 1:30 PM

Palm Haven Care Center

469 E. North Street

Janell Davis 800/540-3340

Capitol Caregiver Support Group

Sacramento

1st Thursday 12:00 – 1:00 PM

State Capitol

Room varies call ahead

Lisa Choquette 916/971-0893

Caregiver Support Group

Auburn

2nd Thursday 1-2:30 PM

Health For All ADCRC

4065 Grass Valley Hwy., #206

Louise Anderson 530/885-2655

Caregiver Support Group

West Sacramento

1st Thursday 1-3:00 PM

West Sacramento Senior Center

664 Cummins Way

Peggy Phelps 530/681-2054

Caregiver's Support Group

Placerville

1st Friday 1:30-3:00 PM

EDUCATIONAL PROGRAMS FOR PROFESSIONALS

23rd Annual Mental Health & Aging Conference

Thursday, October 23, 2003

8:00 AM—2:00 PM

Eskaton Village
3939 Walnut Avenue
Carmichael, CA 95608

Sexuality and Aging: Out of the Closet and Into Your Agency is the title of this year's Mental Health and Aging Conference. Guest speakers include Herbert Bauer, MD, MPH, Clinical Professor with UCD School of Medicine lecturing on sexuality and aging and Kristy Finzer, MFT, Program Manager at Century City Hospital Reflections Outpatient Mental Health and Adjunct Professor at Pepperdine University School of Education and Psychology.

This presentation will explore aging demographics of gay/lesbian/bisexual and transgender older adults from historic, current and future perspectives and how heterosexual privilege and fear impact their mental health.

Admission for the conference registration is \$50 if payment is received by October 15th, \$60 thereafter. Students and retired persons are \$20. The conference is aimed towards health service professionals and includes 4 Continuing Education Units for PHD, BRN, LCSW, MFT, RCFE, and NHAP. Admission includes CEU, lunch and resource materials.

For more information or to register, contact Del Oro Caregiver Resource Center at **(916) 971-0893 or (800) 635-0220**.

It's Never Too late

It's never too late for older adults with substance abuse problems to make a change-recovery is possible. With more awareness and knowledge, a greater number of professionals are helping older adults' substance abuse concerns successfully with an increased understanding that treatment works and recovery is possible.

Guest speaker, Stephanie Williams, LCSW, will provide an overview of the prevalence of misuse and abuse of substances by older adults, effective screening, intervention, and assessment strategies you can use in working with clients.

The American Society on Aging and Del Oro Caregiver Resource Center present this FREE educational opportunity for professionals on **Wednesday, September 17, 2003 from 8:30 AM—12:30 PM** at the Sierra Health Foundation, 1321 Garden Highway in Sacramento.

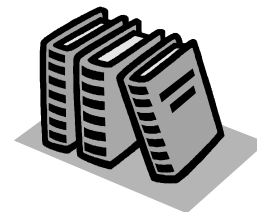
ASA is an approved provider of Continuing Education credits for nurses, counselors, social workers, marriage and family therapists and drug abuse counselors. 3 hours of CEUs are available at a cost of \$15.00. Advanced registration is required, call Del Oro Caregiver Resource Center at **(916) 971-0893 or (800) 635-0220**.

CONTINUING EDUCATION UNITS OFFERED AT PARKINSON'S SEMINAR

Registered Nurses (CEP 1331), Marriage Family Therapists and Licensed Clinical Social Workers (PCE 1706) can receive 3 hours of continuing education units at the 10th Annual Living Well with Parkinson's Disease Seminar on **Saturday, September 13, 2003 from 10:00 AM to 2:15 PM**.

The event will be held at the Scottish Rite Masonic Center, 6151 H Street in Sacramento. The cost to attend the event is \$35 at the door, which includes lunch and CEU's. For more information or to register, contact Del Oro Caregiver Resource Center at **(800) 635-0220**.

BOOK CLUB FOR CAREGIVERS



The Fearless Caregiver

Edited by Gary Barg

This practical, sympathetic and comprehensive guide published by the experts at Today's Caregiver Magazine shows caregivers how to be an informed, effective, and fearless caregiver while still having time for themselves.

The Validation Breakthrough

Naomi Feil

Simple techniques for communicating with people with "Alzheimer's-type dementia." Validation is a remarkable approach that reduces caregiver burnout and improves the lives of people with dementia.

Caregivers and Personal Assistants

By Alfred H. DeGraff, M.A., S.E.A

A comprehensive guide designed to help you find, hire, and manage the people who help you (or your loved one).



GET CONNECTED! ON-LINE RESOURCES FOR CAREGIVERS

A new Center for Medicare Education brief "**Medicare and Durable Medical Equipment**" discusses Medicare coverage for equipment like wheelchairs and hospital beds. It's available at <http://www.medicareed.org/pdfs/papers91.pdf>.

Medicare beneficiaries who suffer from Parkinson's disease or essential tremor disorder are now eligible for deep brain stimulation, a cutting-edge therapy that implants electrodes to stop tremors and uncontrollable movements. Go to www.cms.gov/ncdr/searchdisplay.asp?id=21.

Join [caregiver.com](http://www.caregiver.com), your **weekly e-connection to other caregivers**, to timely news, information, advice, special products and more. Founded in 1995, Caregiver Media Group also produces *Today's Caregiver* magazine, the first national magazine dedicated to caregivers.

A new **Alzheimer's Disease Genetics Fact Sheet** has been released from the Alzheimer's Disease Education & Referral Center. To view the fact sheet go to: <http://www.alzheimers.org/pubs/genefact.html> or call (800) 438-4380 to order

Taking Care of You: Powerful Tools for Caregiving

If you're caring for an older adult with a chronic condition, (e.g., Parkinson's, Alzheimer's, Stroke, Congestive Heart Failure, Cancer) you'll benefit—whether helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

THIS SIX-WEEK CLASS WILL GIVE YOU THE TOOLS TO:

- * *Take care of yourself*
- * *Help you to reduce stress*
- * *Communicate more effectively with family members, your doctor, paid help*

- * *Set goals and problem-solve*
- * *Reduce guilt, anger & depression*

WHEN: Six 2½ hour sessions held on consecutive Wednesdays beginning October 15, 2003 through November 19, 2003 from 1:00-3:30 PM

WHERE: St. Mark's Methodist Church, 2391 Saint Marks Way in Sacramento

COST: FREE; a \$25.00 donation to cover the cost of materials would be appreciated

TO REGISTER: *Pre-registration is required.* Registrants must plan on attending all six sessions as each class builds upon knowledge/skills learned from the previous class. Contact Del Oro Caregiver Resource Center at 1-(800) 635-0220 for more information.

If you need someone to care for your loved one so you can attend, limited in-home care is available. Please request this service at least two weeks in advance of the first class.

Sponsored by:
DEL ORO CAREGIVER RESOURCE CENTER

This program is funded in part through Area 4 Agency on Aging and the National Family Caregiver Support Program



Your contributions help fund critical programs for family caregivers. Donations or memorial gifts of any size are most welcome.

Please accept my tax-deductible donation of \$_____

Name:
Address:
Telephone number:
This gift is <input type="checkbox"/> in honor of <input type="checkbox"/> in memory of Name:

Please make your check payable to Del Oro Caregiver Resource Center and send to:

Del Oro Caregiver Resource Center
5723A Marconi Avenue
Carmichael, CA 95608

THANK YOU!

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