



Wavelengths

Southern Caregiver Resource Center Receives Grant Award

**14 NONPROFITS RECEIVE A TOTAL OF \$8.1
MILLION IN GRANTS FROM THE HARRY
AND JEANETTE WEINBERG FOUNDATION**

***Innovative Projects in Nine States Receive
Funding Through the
Family and Informal Caregiver Support Program***

BALTIMORE (April 14, 2009) - The Harry and Jeannette Weinberg Foundation, one of the largest private foundations in the United States, announced the results of the national Family and Informal Caregiver Support Program Request for Proposals. 14 different projects will receive a total of \$8,184,145 over the course of the next three years, and *Southern Caregiver Resource Center* was one of the projects selected. The Family and Informal Caregiver Support Program was established by the Weinberg Foundation to increase support for projects that support family and friends that deliver the majority of care to chronically ill and disabled older loved ones. The grants were made to nonprofits in nine states including California, New York, Florida, Texas, Maine, New Hampshire, Indiana, Pennsylvania, and Illinois. The grants will provide funds to support innovative and evidence-based community projects that help family and friends who care for low and moderate-income, older adults.

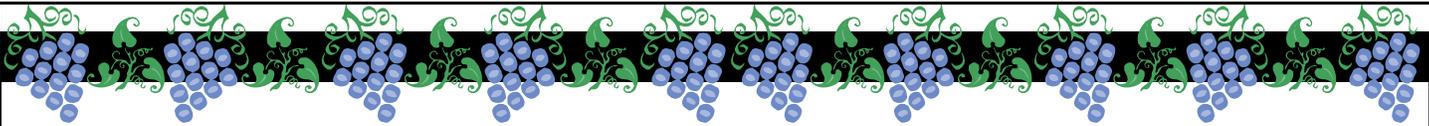
According to the 2003 National Alliance for Caregiving/AARP National Caregiver Survey, an estimated 30 million adults provide ongoing care for family and friends. The number of older adults who need assistance from formal and informal caregivers will continue to increase due in large part to longer life expectancies and greatly improved health care techniques and technologies.

“For many older adults living with debilitating illness and disabilities, the need for support stems from several factors, including greater financial need, lack of access to health care, unexpected health costs, and isolation from family members,” said Shale D. Stiller, president of the Weinberg Foundation. “Our goal is to provide support for the programs that will work directly with family and informal caregivers to provide assistance and train caregivers.”

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

Southern Caregiver Resource Center *presents the 18th annual*



Bastille Day Celebration

**Saturday, July 11, 2009,
4 to 8 PM**

at the

**Fairbanks Ranch Clubhouse,
San Dieguito Rd.,**

Hors d'Oeuvres

Live Entertainment

Wine Tasting

Wine & Gift Silent Auctions

**\$125
Per Person**

*Questions? Call (858) 268-4432 and ask for Lorie or Roberto.
Please detach the portion below and mail with your payment to:
SCRC, 3675 Ruffin Rd, Ste. 230, San Diego CA 92123.*

Online Registration Available at www.caregivercenter.org

Yes, I want to join the Bastille Day Celebration on July 11th!

- 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 American Express

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.



NEWS FROM THE SAN DIEGO OFFICE



SCRC Welcomes....

Roberto E. Velasquez as Director of Development/Multicultural Services. Roberto, a native San Diegan, has worked in the health and human services arena for over 20 years. Roberto has a bachelor and masters in Gerontology from San Diego State University and has dedicated the last 12 years of his career to providing services to underserved and culturally diverse populations coping with Alzheimer's and related dementias. Roberto is recognized locally and nationally as an expert on Latino aging and caregiver issues, and has spoken at numerous conferences, including the Shiley-Marcos Alzheimer's Disease Research Center Conference at UCSD and at the National Alzheimer's Dementia Conference in Chicago. Roberto also brings to Southern Caregiver Resource Center his innate ability to foster relationships at all levels, which has helped him garner support to the tune of over \$1 million in grants and corporate sponsorships over the past 10 years.



When asked what he likes best about working in the field of aging, Roberto replied, "My passion is creating unique community-based programs that help the most vulnerable populations improve their quality of life AND working with elected officials, business executives, community leaders and philanthropists to support these programs." As Director of Development, Roberto is the principle staff member in charge of raising funds for SCRC, such as the annual Bastille Day Celebration, cultivation events, grant writing, major gifts, planned giving, etc. "It is my hope that my fundraising background and relationships will help generate new revenues for SCRC", explained Roberto.

When asked what he likes best about working at SCRC Mr. Velasquez replied, "This is an extremely well managed and fiscally sound organization. There is a true sense of Team Work and this is all attributed to the leadership of Lorie Van Tilburg, Executive Director for the past 22 years, and Kurt Buske, Associate Director. I'm honored to be a part of this well respected executive management team."



Medication Dispensers Available from SCRC for Free!!

Southern Caregiver Resource Center has been asked to be part of a pilot project, funded by the Gary and Mary West Foundation, to make personal emergency response systems (PERS) and programmable electronic medication dispensers available to 100 families (SCRC clients) for 2 years. The PERS project is currently underway with participants.

The electronic medication dispensers are a great product for anyone who must manage their own medication regimen or caregivers who must manage a medication regimen for the person they are caring for. The medication dispenser available through SCRC's pilot project is called MedSmart. This unit is fully programmable to help ensure the right amount of the right type(s) of medication is taken at the right time(s). Pilot project participants will have a MedSmart unit set up in their home free of charge. MedSmart units will be available within the next few months.

If you are interested in being a part of this exciting project or discussing how you and your loved one can benefit from this technology, call SCRC at (858) 268-4432.

Resources You Can Borrow – At SCRC!



Thanks to the support of Aging and Independence Services, we are in the process of adding resources to our lending library. We will be adding lots of books and DVDs that cover a wide range of topics that are relevant to families we serve. We also plan to have a computer station where visitors can view DVDs prior to borrowing them and search some of our favorite and recommended websites for caregivers. These updated resources will be available in our library at our offices in Kearny Mesa by July 1st. We invite you to visit our library and check out these great resources this summer!



THE VALLEY CORNER NEWS FROM IMPERIAL COUNTY



Southern Caregiver Resource Center will be hosting a **free** conference in El Centro on Tuesday, June 23rd from 9:30 a.m. to 2:00 p.m. called *Families: Preparing and Caring*. The conference will cover the following topics: wise use of medication, Diabetes knowledge and management, long term care planning/maintaining control of your financial decisions, and managing caregiver stress and burnout. Lunch will be provided and CEUs will be available. This conference will be held at the Cal-Works Career Center, Classroom D&E. Registration is required to attend this free conference. Please call (760) 352-2588 to register for this conference or for any questions.

Southern Caregiver Resource Center has been providing personal care services in Imperial County for many years through a grant from the Imperial County Area Agency on Aging. Through this program, individuals needing assistance with activities of daily living received non-medical homecare on a time limited basis at no charge. Starting July 1, 2009, the personal care services grant program will no longer be available in Imperial County. Any questions regarding alternative resources for individuals needing assistance in the home should be directed to the Imperial County Area Agency on Aging at (760) 339-6450.

“I want to go home”

by Kelly Farrell, MSW

Bob and Patty had been married for 40 years when Patty was first diagnosed with Alzheimer’s Disease. Bob and Patty both wished to keep Patty in their home that they had lived in for the past 25 years. Bob began doing more and more of the cooking and cleaning, as well as making sure Patty was dressed and clean. One afternoon, while Bob was preparing dinner, Patty began pacing around the house.

“Honey, can I help you find something?” Bob asked as he saw his wife becoming more frantic as she continued pacing.

“I want to go home, can you take me?” Patty replied.

“Patty, *this is* your home.” Bob explained. “We live *here*.”

Bob could tell that Patty did not seem relieved by his answer. Patty began to cry. “I just want to go home.” She stated.

Bob is one of many caregivers who have reported that their loved one with dementia is repeatedly asking or stating “I want to go home.” Many caregivers, like Bob, report finding this behavior distressing to them and they are unsure how to respond. This behavior can be especially difficult and confusing to a caregiver when the person with dementia is already in his/her own home or when the individual is in a facility and is unable to return home.

Below you will find some different meanings for the word “home” along with tips on how to respond when faced with this behavior.

What Is Home?

For those suffering from dementia, “home” can represent many things. Although there are differences between every individual afflicted with dementia, experts agree that home represents a place of comfort and familiarity (Matteson, 2008). A person with dementia who is aware of their declining ability to function may believe that if they were “home” they would be able to function better and things would make more sense.

Many experts agree that “home” can mean an abstract place where one feels a sense of belonging and safety. Others theorize that the individual with dementia is referring to the home that they

grew up in. Often, when individuals with dementia are asked about why they want to go home, they will respond that they want to see their parents or other relatives that have passed away. This may indicate that they are looking for unconditional love and assurance that their needs will be met. (Verity, 2008)



What to do?

Many caregivers will make the simple mistake of trying to reason with their loved one that they are unable to go home and they must stay in the facility, or by attempting to reorientate them to the fact that they are in their own home. Caregivers who have tried either of these two approaches often discover that it only makes the individual with dementia more upset. So what should caregivers do when faced with their loved one’s constant requests and pleas “to go home”?

There are several suggestions for ways caregivers should respond to the requests to go home from an individual with dementia. These suggestions can be categorized into three responses: acknowledgement, reassurance, and distraction.

Acknowledgement

Caregivers should not correct the person with dementia and should avoid disagreeing with the person. Reality orientation can make the person with dementia more frightened and confused. Try to imagine how you would feel if you were standing on a beach with the sun in your face and someone

tried to tell you that you were in a store. You simply would not believe them and may even become angry with them for telling you such a ridiculous thing when you can feel the sun and hear the waves. This is how an individual with dementia often perceives reality orientation.

Caregivers should acknowledge both the request to go home from the person with dementia and the feelings and emotions behind the wish. Clear and simple messages such as, “I understand you want to go home”, relay to the person with dementia that you have heard them. As mentioned, requests to go home often stem from feelings of fear, loneliness, discomfort, and insecurity.

Caregivers should acknowledge the person with dementia’s perception of reality and step into it if necessary. This may mean telling therapeutic “white fibs” to the person with dementia. If it is night time when the person asks to go “home,” tell them it’s too dark to drive and you will drive them home in the morning. If the person is worried that their mother will be looking for them, tell them that you’ve called and let their mother know you’ll both be spending the night together.

Reassurance

Caregivers should provide reassurance to the person with dementia that they are safe and loved. Caregivers should speak softly and provide gentle touch to the person with dementia. Both of these things can be calming and comforting. Therapeutic fibs are also helpful when reassuring a person with dementia. Remember, the fears of a person with dementia are indeed real to them. If the person wants to go “home” out of fear of not having a place to stay, reassure them that you are both staying the night and that all the arrangements have been made.

Distraction

Before you try to distract the person with dementia, make sure that you have acknowledged their request and provided reassurance to them. Many activities can be used to distract the person with dementia from their desire to go “home.” Most caregivers will

(Continued on page 5)

("I Want to go home" Continued from page 4)

know which activities their loved ones are most likely to engage in, but one example is reminiscing over photographs of family and friends. Other activities that can be utilized for distraction are eating, taking a walk, or listening to music.

Southern Caregiver Resource Center offers support groups and walking groups for caregivers and can provide an opportunity to talk to other caregivers about particular behaviors. In addition, our Family Consultants are available to talk with and assist caregivers in handling many challenging behaviors that can arise in a person with dementia. If a behavior persists or causes significant distress to the care receiver or caregiver, it is always advisable to consult with a doctor or specialist to rule out any underlying medical condition.

Resources:

"When Your Person Says 'I want to go home.'"

By Mary Ann Matteson

October 2008

www.lightbridgehealthcare.com/1562.xml

"The Bus Stop Band-aid."

By Jane Verity,

CEO of Dementia Care Australia.

<http://www.dementiacareaustralia.com/>

"Learning to Speak Alzheimer's, A groundbreaking approach for everyone dealing with the disease." *

By Joanne Koenig Coste

* See complete book review on page 6

Save The Date

VA CA Offices on Caregiving invites you to participate in a tele-conference!

Wednesday June 10, 2009

12:00PM (Noon- PST)

Call 800 767-1750

Access Code # 23006

Guest speaker is:

Barry J. Jacobs, Psy.D

author of: *The Emotional Survival Guide for Caregivers*

See full flyer and information at
www.caregivercenter.org

Community Spotlight:



**A Look at
Opportunities
and Information
for Caregivers**

San Diego Physician Teaches "Food as Medicine" in the Kitchen

New research on brain function and the Mediterranean diet published in *Archives of Neurology*, February 2009, shows that following the Mediterranean diet:

- reduced the risk of developing mild cognitive impairment (forgetfulness, difficulty concentrating)
- reduced the risk of developing Alzheimer's disease in cases where mild cognitive impairment was already present

Those people who adhered to the Mediterranean diet had a 28% less risk of developing cognitive impairment compared to those who did not eat the Mediterranean diet. Those who already had mild impairment who stuck to the Mediterranean diet had a 48% reduction in risk of going from mild impairment to Alzheimer's disease compared to those who did not eat the Mediterranean diet.

Related research published in *Neurology*, September 2007, shows that patients diagnosed with Alzheimer's who followed a Mediterranean diet lived an average of almost 4 years longer than those who did not eat a Mediterranean diet.

How is the Mediterranean diet food as medicine? Researchers theorize that the diet may reduce inflammation, improve cholesterol levels, improve blood sugar levels, or contribute to blood vessel health. How do you best teach food as medicine?

Robert Eric Dinenberg, M.D. believes the answer is in the kitchen.

Dr. Dinenberg, author, *Mindfulness and Peak Performance*, has a private practice at Scripps Memorial Hospital where he counsels on diet, exercise, and life balance to help people find their own path to wellness and preventive medicine.

"In medical school we have a catch phrase for learning", says Dr. Dinenberg, "that is 'see one, do one, teach one.' I cover the 'see one' when I counsel patients on healthy lifestyle and the Mediterranean diet, but I needed help to get people to 'do one'. That is why I teamed with Metro Catering to create the Delicious Life Food as Medicine Kitchen Class. I now work with Dean and Cheryl Raiken (the talents behind Metro Catering) to offer a class in a teaching kitchen. Now we have 'see one', and 'do one' covered."

Dr. Dinenberg's hope is that people will 'see one' and 'do one' when they learn the health benefits of the Mediterranean diet and how to actually prepare the food in the kitchen. If people bring these skills home with them and 'teach one' to their family and friends, then more and more people will enjoy the well researched (and delicious!) health benefits of the Mediterranean diet.

To contact Dr. Dinenberg's private practice call 858.450.1212. For the Delicious Life Food as Medicine Kitchen Class contact Metro Catering at 858.626.2800.

Do you need Information?

What topics are of interest to you?

Do you have an idea for an article?

SCRC would like to collect your thoughts for future *Wavelengths* articles. We want to know what you want to read about.

Please call us at (858) 268-4432

or email us at src@caregivercenter.org and give us your ideas.

Book Review

Reviewed by: Kelly Farrell, MSW

Learning to Speak Alzheimer's by Joanne Koenig Coste

About the Author

Joanne Koenig Coste is not only an acclaimed author and active advocate and educator for Alzheimer's awareness, but she is able to speak to caregivers from her own first hand knowledge. Joanne was the primary caregiver for her husband who was diagnosed with Alzheimer's Disease in the 1970's. Joanne's husband was diagnosed at a time when the Alzheimer's Association had not been established and there were significantly less services and knowledge about how to interact with a person with dementia. Since caring for her spouse, Joanne has remained active in the Alzheimer's community. Through her experience facilitating support groups, she is able to weave personal stories from the support group participants into her book, providing insightful examples that illustrate how to care for a loved one with dementia.

About the Book

This book is broken into three parts. The first section of the book entitled, "Learning about Alzheimer's", explains the changes in the brain that take place and alter the behavior of a person with dementia (PWD). The second section of the book describes Joanne's concept of "habilitation" in great detail. Every caregiver should read the final section of the book, as it focuses on the need for caregivers to practice self-care and utilize respite.

The habilitation approach detailed in Part Two is not only explained, but Joanne also includes creative and obtainable suggestions on how caregivers should respond to difficulty with communication or behaviors exhibited by the PWD. Joanne uses narrative examples to demonstrate the five core tenets of the habilitation approach and focuses on simple and practical solutions for the challenges faced with bathing, dressing, toileting, and eating. The five tenets of the habilitation approach are outlined below.

1. Make the physical environment work

Joanne encourages caregivers to alter the physical environment and surroundings of the PWD in order to make it simple, while taking into account the PWD's changes in perceptions. Among her recommendations for making the physical environment work are changes in lighting, color schemes, mirrors, and safety devices.

- Lighting should mimic daylight and eliminate shadows, which can be perceived as frightening to the PWD.
- Color schemes can be used throughout the house to provide contrasts that the PWD can recognize. Joanne suggests painting the bathroom walls a dark color to contrast with white toilets to make them easily identified by the PWD.
- Mirrors can also frighten the PWD if they are no longer

able to recognize their own or their loved one's image. Caregivers may wish to cover or remove mirrors if they appear to cause distress to the PWD.

- Safety devices, which can be bought in most home improvement stores, can be utilized to keep the PWD safe. Childproof latches can keep tools and sharp objects locked up. Motion detectors can alert caregivers if the PWD is wandering out of their bedroom at night or is trying to open a door to the outside.

2. Know that communication remains possible

Caregivers should always speak slowly and use basic sentences and instructions when talking to the PWD. Even if the PWD can no longer understand verbal language to communicate, they do pick up on body language and voice tone. If the PWD is mixing up words, caregivers should listen to the emotion behind the words and understand that the emotion needs to be validated.

3. Focus on remaining skills

As the PWD's skills decline, caregivers should focus on what abilities still remain. Joanne points out that a PWD still has the need to feel useful, so assigning simple tasks like folding towels can bring them feelings of success and purpose.

4. Live in the patient's world

Joanne warns caregivers not to question, correct or try to reason with the PWD. Instead, she recommends that caregivers should "join him in his current 'place' or time, no matter when or where that may be, and find joy with him there (p. 108)."

Joanne goes on to describe some typical behavioral changes in a PWD and provides suggestions and insights for caregivers. For example, when caregivers are faced with repetitive questions, they should look for the emotional meaning behind the question. A PWD may repeatedly ask for his/her parents, which implies that they are seeking comfort and reassurance.

5. Enrich the patient's life

By offering sincere praise and attempting to find joy and humor wherever possible, caregivers can create moments of success and reduce moments of failure for the PWD. Joanne provides examples of "enriching exercises" and activities that a caregiver and a PWD can participate in to provide the PWD a sense of fulfillment through social activities, mental and physical exercise.

The five tenets that constitute Joanne's habilitation approach do require caregivers to continually examine how the PWD functions and perceives the world around them and it encourages caregivers to make the necessary changes to improve the PWD's feelings of success.



Are You Getting the Help You Need?

An Article by Darrelle Volwiler, Ph. D.

Caregiving is a tremendous and often overwhelming task. When providing care for a family member, caregivers often find themselves exhausted, fatigued, overwhelmed—even depressed. There are agencies and organizations designed to help caregivers, but often the phone call is never made.

Those of us who study caregivers often look at barriers to receiving help. Here are some:

Lack of Information

Many caregivers find themselves isolated in their homes. They are unaware of the services available.

Distance from Loved One

You may live in a different town or state from your loved one and are trying to be a caregiver long-distance. Therefore, you may be unaware of how to access services in the area where your loved one resides.

Financial

A caregiver may experience financial restraints and avoid seeking services such as respite care or counseling

Travel Difficulties

Some caregivers can no longer drive themselves or they find it burdensome to get their loved one in and out of a vehicle.

Reluctance

Especially for older adults, there is often a stigma attached to asking for help, especially if it involves joining a support group, going to individual counseling, or letting someone else care for their loved one even for a short time.

What can be done about these barriers?

Here are some tips on reducing the barriers in your life that prevent you from getting the help you need:

Self-Assessment

Sit down while your loved one is napping and ask yourself why you aren't receiving the help you need. Is there a service in your community you could benefit from, yet you are not? Make a list of all the barriers you are experiencing, and put the following tips into action.

1. Look At Your Belief System

Ask yourself if the only reason you aren't getting the help you need is because you think you should do it all by yourself. You can examine this belief with the following thoughts:

(Continued on page 9)

(Grant Award Continued from page 1)

The projects funded by the program include assessment of family caregiving needs, support of respite services, legal and financial consultation, home care services, home modification, individual and family counseling. Programs that increased the availability of training and specialized services for caregivers of older adults with Alzheimer's disease and other forms of dementia were also a priority for funding through the RFP.

The San Diego project selected is entitled, "*Partners in Caring*", a project designed to support caregivers living in communities in South Bay. Southern Caregiver Resource Center, the lead agency, has partnered with Casa Familiar, George G. Glenner Alzheimer's Family Centers, Jewish Family Services, The Alzheimer's Association and Elder Law and Advocacy to coordinate and deliver the caregiver services. According to Roberto Velasquez, Director of Development/Multicultural Services for Southern Caregiver Resource Center, "this region (in the southwest quadrant of San Diego County) is a diverse and densely populated area." There are over 644,000 people residing in the border town communities of South Bay which include National City, Imperial Beach, Chula Vista, South San Diego and San Ysidro, and over 50% of the overall population is Hispanic. In addition, South Bay is home to the largest segment of Hispanic seniors over the age of 65 in the County (approximately 20,000). "The collaborative will provide caregivers with help and support in their home, at their church, at their place of employment, at the day care center, community centers, and medical clinics", said Lorie Van Tilburg, Executive Director.

The Project services will include: assessment, care planning, care management, care consultation, respite care via contracts with home care agencies and day care programs, support groups (face to face and telephone), educational teleconferences, caregiver trainings, legal service, outreach, counseling, home modifications, the *Space of Beauty* journaling program, caregiver buddy matches, community education and an intergenerational computer training program. "The ultimate goal is to help families age in place within their community through culturally and linguistically competent programs and services – a strategic direction that SCRC is committed to," explained Ms. Van Tilburg.

For more information, please contact Roberto Velasquez, Director of Development/Multicultural Services at (858) 268-4432 x 114.

Jump-Start-Our-Journals by Maggie Marshall

March 21, 2009 – Volunteer artists hard at work creating unique *Space of Beauty Journals* for family caregivers: a behind the scenes peek at how these inspirational journals are created.

Caregivers often ask us “How does my (*Space of Beauty*) artist know so much about me, my tastes and preferences, simply from the interview you (Maggie) do?” “The secret is that all the volunteer artists at Southern Caregiver Resource Center possess great insight and sensitivity into caregiving,” said Maggie Marshall, the program’s Director. “Some have been caregivers themselves and they use their creativity and insight to interpret the write-ups (or profiles) far beyond what’s on paper,” added Maggie. For example, the artist incorporates the caregiver’s favorite colors in a subtle and tasteful style throughout their personal journal, or the artist creates an eloquent page for the journal that is representative of the things in the caregiver’s life that renew their spirit or encourage him or her to thrive.

The creation of the Journals is typically done by the artists in isolation, in their own homes or studios. Artists are provided with the “profile” of the family caregiver and they use the information to develop these amazing individualized

journals that capture the essence the caregiver embodies.

On March 21st, under the leadership of Maggie Marshall and Thérèse Bélanger, Lead Artist, SCRC brought all the volunteer artists who participate in the *Space of Beauty* journaling program together to create beautiful specialty pages to be used in up-coming journals for family caregivers. “The goal of this workshop was to give our artists an opportunity to come together, become inspired by the different artistic styles of other artists (who typically work by themselves on the journals), enjoy stories about their personal experiences with the program and learn more about Southern Caregiver Resource Center,” said Maggie. The workshop was a success and wonderful imaginative customized journal pages were created on this Saturday.

If you are an artist or a seamstress and would like to know more about helping with a journal, please call Maggie at 858-268-4432 (ext 106) or e-mail mmarshall@caregivercenter.org.



“Creating artwork for the caregivers’ journals enables me to express my deep appreciation and support for the important and special role all our caregivers play in the lives of their loved ones.”

**Joan Chan
with Maggie Marshall**

“A Space of Beauty provides a wonderful nurturing atmosphere for me to create art while helping others.”

Nancy Bresocnik

“Your creativity flows when you are surrounded by amazing artists!”

Sandra Rabe



The artists hard at work



“I feel that I was meant to do this wonderful work. It is extremely rewarding to have a worthwhile purpose such as this for my creativity. I feel completely passionate about making journals ever since I came across SCRC about a year ago.”

Karin de Baay

**Journaling Prompt for Spring:
New Beginnings –**

What new seed would I like to plant or replant and begin to nurture this spring?



Multi-Cultural Services

by Roberto Velasquez

Although the aging of the U.S. population has been widely publicized, less appreciated is the fact that ethnic and racial minorities over 65 years of age are increasing faster than other segments of the population. By 2030, minorities will comprise well over 25% of the older population, magnifying the importance of increased sensitivity to cultural and ethnic influences on health behavior and aging (U.S. Bureau of the Census, 1996a). According to recent data, the fastest-growing cultural group over the age of 65 will be Hispanic Americans, projected to increase 815% by the year 2050 (U.S. Bureau of the Census, 1996a). For minorities and non-minorities alike, increased longevity often results in a population of disabled older adults in chronic need of both formal and informal care (National Alliance for Caregiving & American Association for Retired Persons [AARP], 1997).



In San Diego County, the largest and fastest growing minority group is the Hispanic/Latino population – comprising of over 940,000 people (or 30% of the total population), of which over 48,000 are seniors over the age of 65 (or 14% of the total senior population). What is so relevant about these statistics? Studies consistently demonstrate that Hispanic/Latino older adults have higher rates of chronic, disabling conditions such as heart disease, diabetes, stroke and hypertension, which appear to have a cumulative increase in risk for developing Alzheimer’s disease and related dementias – in some studies up to 3 times the risk. Studies have also demonstrated that Hispanic/Latino family caregivers, predominately women (spouses and adult daughters), tend to have higher levels of distress than other groups and provide care for longer periods of time and at higher levels of impairment when compared to non-Hispanic families. Research has documented a number of reasons for the higher levels of distress and reluctance to utilize services, some of which include the acceptance of cognitive impairment and dementia as a normal part of aging to be managed within the family,

acceptance of stress as part of the familial role, resistance to sharing familial problems with outsiders, and lack of culturally sensitive and bilingual professionals as well as services in the community.

On a positive note, research has also demonstrated that programs that are delivered in a culturally competent and linguistically appropriate manner can have major implications on improving the health of Hispanic/Latino families and caregivers. For example, multi-modal programs that include case management, counseling, care planning, peer counseling (e.g. Promotoras), cognitive behavior therapy educational programs and respite services (all services provided through the Southern Caregiver Resource Center model) are very effective in reducing caregiver stress and depression while increasing overall caregiver health.

To address the caregiving needs of the fastest-growing minority population at greatest risk for developing chronic disabling conditions, Southern Caregiver Resource Center is proud to announce the development of its Multicultural Services Department. Roberto Velasquez, recognized expert in Latino and multicultural affairs, will lead this department as SCRC’s Director of Development & Multicultural Services. Mr. Velasquez will split his time between raising funds for the organization and working with community stakeholders, experts, staff and Board Leadership on developing and sustaining culturally competent programs in the community. “In line with the sound business practices of SCRC, we will be very strategic and focused on the development of services,” said Mr. Velasquez. “Our goal is to develop meaningful evidence-based programs that will be long lasting and beneficial to the community”, explained Velasquez. One of Roberto’s first projects is to manage the South Bay “Partners in Caring” project funded by The Harry and Jeanette Weinberg Foundation. SCRC has a few other projects in development so stay tuned for more to come in the near future.

(Getting the Help Continued from page 7)

“I’m not weak if I ask for help, I’m being really smart”

“If it were my friend in this position, I would want to help him/her and I wouldn’t want them to be embarrassed”

“I don’t think my loved one would like to go to an adult day program, but I could try it once to see how he/she does”.

2. Pick up the Phone

Once you believe it’s okay to get help, start by calling Southern Caregiver Resource Center. Some services include information, support groups, adult day care programs, in-home respite care, transportation services, individual counseling, affordable legal services and sources to find out more about your loved one’s illness.

3. It can be overwhelming to try all possible services at once.

Try one thing that sounds like it will provide you with what you need most in the present. For instance, maybe you want to join a support group, but have no one to care for your loved one while you are gone. Try either in-home care or an adult day care program until you feel comfortable with that service, then try the support group.

4. What About Money?

Believe it or not, the agency mentioned above can introduce you to a number of ways to cut costs on caregiver services. The most important thing to do is ASK!

So, what is the bottom line? Talk yourself into making ONE phone call. If you are already past the “one phone call” stage, ask yourself what is the next step. Then take that step. You may be surprised at the support you receive.

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**Events
and
Information
for
Caregivers**



SCRC Support Groups

- **ADULT CHILD AS CAREGIVER**, meets the 2nd and 4th Thursdays of the month at SCRC, 3675 Ruffin Rd., Ste 230, 5:30 to 7 PM. Facilitated by Kelly Farrell, MSW.
- **CLAIREMONT CAREGIVER SUPPORT GROUP**, meets on 2nd and 4th Wednesdays of the month at Live Well San Diego, 4425 Bannock Ave, 1:30 to 3 PM. Facilitated by Jenica Cohen-Richards, MSW.

■ **RANCHO BERNARDO CAREGIVER SUPPORT GROUP**, meets the 1st and 3rd Thursdays of the month at the Remington Club, 16925 Hierba Dr.- Multipurpose Room, from 5:30 to 7 PM. Facilitated by Adrienne Bumette, Ph.D., 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, 3675 Ruffin Rd., Ste 230. Facilitated by Edward De La Loza, LCSW.

■ **FAMILY CAREGIVER SUPPORT GROUP**, meets the 4th Wednesday of the month at Foothills United Methodist Church, 4031 Avocado Blvd - La Mesa, 6 to 7:30 PM. Facilitated by Sara Rom, MSW, MSG.

■ **HUNTINGTON'S DISEASE SUPPORT GROUP**, meets the 4th Monday of the month at Scripps Mende 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 the 3rd Thursday of the month at Scripps Mende Well Being, 4305 La Jolla Village Drive in University Towne Center, 6:30 to 8 PM. Facilitated by Seraphina Galante, MSW.

■ **TELEPHONE SUPPORT GROUP FOR CAREGIVERS OF VETERANS WITH TRAUMATIC BRAIN INJURY, POST TRAUMATIC STRESS DISORDERS AND ALZHEIMER'S DISEASE**, meets the 2nd Thursday of the month, 10 to 11AM. Facilitated by Andrea Cangiano, LCSW and Marianna Randolph, LCSW. *(Open to caregivers living in counties in the southern half of California)*



Find Your Funny Bone
by Maggie Marshall

Each year, SCRC's Walk & Talk support groups have a Summer Challenge. This year, all you have to do is stop by and pick up a card at any of the three groups and find out more details about this summer's challenge. This card is your homework assignment for the summer months and caregivers will be reporting back at the September breakfast, *Flip-Flop Your Pancakes For Caregivers*. I'll give you a sneak preview of this year's topic – it's on HUMOR.

We would like to invite any family caregiver to stop in and try out a walking group, even though you might already be in another support group but would like an extra boost during the summer months. All of our Walk & Talk support groups provide a safe and confidential place to share your heart, listen for new ideas, and also enjoy a beautiful walk.

All three of our walking groups have several things in common:

- ◆ All have breathtaking views of the water – ocean, bay, and lake
- ◆ All have fairly flat paved paths for walking
- ◆ All have restrooms close by (more important than you might think...smile)
- ◆ All gather at picnic tables
- ◆ All have in attendance interesting and compassionate former and current caregivers

Welcome Walkers
Facilitated by Maggie Marshall, Director Caregiver-to-Caregiver Network

 **Lake Murray** – In front of old concession stand, picnic table
2nd & 4th Saturdays, 8 to 9 AM, Lead Volunteer Ron Lohrbach

 **Mission Bay** - Below the Information Center, picnic table by the bay
1st & 3rd Wednesdays, 11:30 AM to 12:30 PM, Lead Volunteer Graceann Hall

 **Encinitas** - Swami's Beach, picnic table
2nd & 4th Tuesdays, 1:30 to 2:30 PM, Lead Volunteers Lisa Nolan and Pat Clancy

*for detailed schedules and directions please contact SCRC



The strain of caregiving
often takes a whipping on our sense of humor.

SCRC's summer assignment will help you:

 Pay more attention to the lighter side of life

 Nurture your sense of humor if you lost it

 Develop your funny bone if you never had one

SCRC Offers Educational Opportunities for Caregivers

June—December 2009

INFORMATION ABOUT CARE OPTIONS

Many caregivers do not begin to gather information about assistance that is available for them because of guilt or anxiety. This class is designed to provide accurate information about the options for care that are available to keep your loved one home, as well as provide information about out-of-home placement options. The primary objectives of this three-hour workshop are:

- To learn about options for keeping your loved one at home, including in-home help and adult day care centers
- To learn about programs available to assist with the cost of in-home or out-of-home care options
- To obtain information about the levels of care for out-of-home placement
- To learn how to evaluate a facility to decide which one would best suit your loved one

When: Saturday, September 12, 2009, 9:30 AM to 12:30 PM or Tuesday, November 10, 2009, 12:30 PM to 3:30 PM

Facilitated by: Kelly Farrell, MSW

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

Cost: \$15 or sliding scale

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

BEYOND CAREGIVING: EXPRESSION THROUGH ART FOR CAREGIVERS

The tone of this class is both fun and meaningful. It stretches you to touch your creativity while having a sense of humor. Using discussion with humor and mutual safe support, it accomplishes goals that are similar to other caregiver classes. It differs in that we make projects that can be taken home with you. Many of the techniques used in the class include relaxation, visualization, writing, drawing, and collage. Art experience is not necessary.

“Beyond Caregiving” goals:

- Reconnecting with who you are
- Promoting self-awareness and self-expression
- Reducing feelings of isolation

When: Tuesdays, June 16 through June 30, 2009, 11 AM to 2:30 PM

Facilitated by: Seraphina Galante, MSW and Marianna Randolph, LCSW

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

Cost: \$50

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

**CONTROLLING FRUSTRATION**

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

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

When: Tuesdays, August 4 through August 25, 2009, 1 PM to 3 PM

Facilitated by: Adrienne Burnette, Ph.D., MFT and Kelly Farrell, MSW

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

Cost: \$30

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

**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.

POWERFUL TOOLS

This class is designed to provide caregivers with tools to reduce stress, to make difficult caregiving decisions and to prevent burn out.



This six-week, six-session class will provide tools to:

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

When: Tuesdays, Sept. 1 through Oct. 6, 2009, 1 PM to 3:30 PM

Facilitated by: Jenica McKeown, MSW and Seraphina Galante, MSW

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

Cost: \$45 – cost includes *The Caregiver Helpbook*

Registration: Complete and mail registration form, SCRC at (858) 268-4432 or visit our website.

IT TAKES TWO: UNDERSTANDING DEMENTIA BEHAVIOR

This class is designed for caregivers who care for a person with dementia and wish to enhance their ability to communicate more effectively with the care recipient. The goals of this four week, four session class are:

- To increase caregivers' ability to set realistic expectations of their loved one's behavior
- To increase caregivers' ability to understand, communicate and remain "connected" with their loved one
- To increase caregivers' ability to understand and modify troublesome dementia behavior
- To increase caregivers' ability to gain the participation and cooperation of their loved one while assisting in activities of daily living
- To give caregivers support for working towards change by considering new concepts and trying new skills

When: Wednesdays, Oct. 14 through Nov. 4, 2009, 10 AM to 12 PM

Facilitated by: Andrea Cangiano, LCSW

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

Cost: \$30

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

REGISTRATION

To register for any or all of the classes, please complete the registration form below, clip and mail, along with your check payable to SCRC, to:

**Southern Caregiver Resource Center (SCRC)
3675 Ruffin Road, Ste 230
San Diego, CA 92123**

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

Save a Stamp

**Online Registration
now available
for all classes
www.caregivercenter.org**



all that apply

- CARE OPTIONS, \$15, September 12th or November 10th (*circle one*)
- BEYOND CAREGIVING, \$50, begins June 16th
- CONTROLLING FRUSTRATION, \$30, begins August 4th
- POWERFUL TOOLS, \$45, begins September 1st
- IT TAKES TWO, \$30, begins October 14th

Clip and Mail to SCRC

*Education for Caregivers
June — December 2009*

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____ Email: _____

Payment Enclosed: \$ _____

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

The Legacy Circle



Leaving a lasting legacy in memory of a loved one or special friend is the greatest gift many families can give. These gifts not only help strengthen your charitable organization of choice by ensuring that many other families benefit from the services for years to come, but they also often come with significant tax and financial rewards to the donor.

At Southern Caregiver Resource Center (SCRC), these special friends are recognized as members of *The Legacy Circle*. These very important friends have chosen to leave a lasting legacy in the form of a bequest or a lifetime gift 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. To learn more about The Legacy Circle or about the various estate planning options and how it will benefit you personally, please call Roberto Velasquez, Director of Development at (858) 268-4432 x114.

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, Southern Caregiver Resource Center has a total of 544 active users on Link2Care. 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 Southern Caregiver Resource Center.



LINK2CARE
www.link2care.net

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 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!



Cards-Cards-Cards

The "Buddy" Program Is Collecting Unique Greeting Cards

We are always looking for beautiful, inspiring and FUN cards that we can send to caregivers. In our "buddy" program it's a big boost when caregivers receive cards. If you have some special cards please send them in to SCRC, attention Maggie, or drop them off at the office.

Thank You!

Giving Back *By Roberto Velasquez*

La Jolla, CA – Saturday, May 2, 2009. Southern Caregiver Resource Center (SCRC) and local La Jolla community leader, Vicki Nenner, hosted an intimate gathering for a few friends at her and her late husband Paul’s beautiful home overlooking the ocean. The theme of the evening was to honor “Caregivers: Our Country’s Unsung Heroes.” Over 45 guests attended the evening, including United States Congresswoman Susan Davis, former Police Chief and San Diego County Sheriff hopeful, David Bejarano and wife Esperanza, and former Miss California 2007 and Alzheimer’s Advocate Melissa Chaty who touched the souls of the guests with a beautiful rendition of “How you lived”, a song by Point of Grace. Guests were treated to fine wines, live musical entertainment and delicious hors d’oeuvres catered by the exceptional Metro Catering – one of San Diego’s finest.

Vicki Nenner gave a rousing testimony about her plight as a caregiver for her late husband Paul, and shared personal tender stories about their love for one another (please see page 15 to read Vicki’s story). Congresswoman Susan Davis spoke about the value of the programs offered by SCRC and how the programs are critical to help family caregivers cope with the daunting challenges of caregiving – especially for our veterans returning from the war with traumatic brain injury and post traumatic stress disorders. “The goal of the evening was to develop new friends and reconnect with old ones,” said Lorie Van Tilburg, Executive Director for SCRC, “and I think we succeeded.” This “friend-raising” event raised over \$17,500 to support the direct programs and services available to families. SCRC is proud to say that 94 cents of every dollar contributed goes directly to help family caregivers. So, you can be assured that any investment in our organization will be well managed. For more information on how you can support SCRC, please contact Roberto Velasquez, Director of Development, or log on to our website at www.caregivercenter.org to make a donation.



(left to right)
SCRC Executive Director Lorie Van Tilburg,
Congresswoman Susan Davis and Vicki Nenner



(left to right)
Vicki Nenner, Ernie Ewin, SCRC Board President Nancy Ewin
and SCRC Family Consultant Adrienne Burnette



Board members Greg Richardson and Matt Buck

We were unable to include all the great pictures we took from the event but still wanted to share them. You can visit our website at www.caregivercenter.org to see the complete slideshow



(left to right)

Jeff Tierman, Donna Bloomer and Tom Bloomer



Amy Abrams and Melissa Chaty



It was a fun and festive evening

MY UNIQUE RELATIONSHIP WITH THE SCRC

May 2, 2009

It's interesting to note how relationships can evolve.

Many of you know that I am a nurse and that for 37 years I coordinated healthcare conferences and provided the continuing education certificates to the nurses who attended. The Southern Caregiver Resource Center started out being **my client** as they were a frequent exhibitor at those conferences.

When I stopped coordinating the conferences because Paul's health was too unstable for me to be gone all day, I began donating my conference supplies to local nonprofit agencies. I gave the SCRC the large zippered carrying case that I had used for transporting the conference posters. That day changed my relationship with them – and I became **their client**.

Paul and I were married for 37 absolutely wonderful years. He was my **most important** patient. And, he was also my **most challenging** patient, as those of you who knew him can well imagine!

It was not easy balancing my dual roles as wife and nurse. Marianna, my counselor at SCRC, helped me sort out those dual roles so they worked more productively for both Paul and me.

As a nurse, I thought that I was perfectly able to emotionally handle Paul's declining health because I had helped other family members of patients do it so many times during my nursing career. **But**, when it is **your** loved one whose health is declining, it is a much more difficult challenge to manage. Again, Marianna helped me by providing insight and by introducing me to all the additional support services available at SCRC. I will be forever grateful to her.

As she recommended, I joined the Mission Bay Walking Group and I gained a great deal of insight and received much support by walking and chatting with others who were caring for relatives and friends. Thank you, Maggie, for all of your words of wisdom and your support during those many walks.

I purchased and read the recommended book, **THE CAREGIVER HELPBOOK**.

The SCRC has a wonderful newsletter, **WAVELENGTHS**, that contains many helpful hints for caregivers that I used.

I attended the journaling workshop and made a huge effort to journal – that was a big challenge for me, as Maggie will testify. That type of writing was not something that came easily for me. But I still have my journal and I wrote in it several days ago, as Maggie recommended.

Paul passed away on April 23, 2007. It was a **very, very** difficult time for me and, at one point, I even considered joining him. But my friends, my family, my neighbors, and especially my SCRC support team, were there to help me when I needed them most.

I am here today moving forward with my life, taking each day as it comes, and ever so thankful for the many services provided by the SCRC that helped me to reach this point. Thank you all for helping me make it to this day! I've written my check to support them and I encourage all of you to write one also, because some day you too may need their services.

~Vicki Nenner



Southern Regional Resource Center Inc. dba
Southern Caregiver Resource Center

Caring for those who care for others

3675 Ruffin Road, Suite 230
 San Diego, CA 92123

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Wavelengths

Volume 44, Spring/Summer 2009

Join us in July for our 18th Annual



Bastille Day Celebration

**Southern Caregiver
 Resource Center**



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

Enclosed is my donation of \$_____.

Name _____

Address _____

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Phone (work) _____ (home) _____

I am making this gift in memory of honor of

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.caregivercenter.org.**

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