



Wavelengths

Volume 56, Spring-Summer 2014

GIVE BIG! One Day Only – May 6th

We have some exciting news from SCRC – for the first time, SCRC is partnering with The San Diego Foundation to raise money for family caregivers through The Foundation's GiveBig Campaign. On Tuesday, May 6th, The Foundation is hosting a one-day online giving challenge and has committed \$150,000 in donations to incentivize giving during the challenge. SCRC will receive a proportion of this pool based on how much money is raised during the event. Donations will only be taken on May 6th from midnight to 11:59 p.m. (PST).

This is an incredible opportunity for you to maximize your donation to SCRC in one easy step. Simply go to www.givebigsandiego.org and find the SCRC page to make a secure donation. Your information will not be kept by the Foundation and 100% of your donation will go directly to SCRC.

You are the key to our success and we need your support to donate and help spread the word to your friends and colleagues. I am up for the challenge and I hope you are too!



All of us, at some point in our lives, will be touched by caregiving. Show your support for family caregivers on Tuesday, May 6th. Remember, GiveBIG!

Sincerely,
Lorie Van Tilburg, SCRC Executive Director



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Restore Caregiver Resource Center Funding

Caregiver Resource Centers (CRC) are the lead agencies in California that exclusively serve unpaid family caregivers, of which Southern Caregiver Resource Center (SCRC) is a part. It's projected that more than six million Californians are providing unpaid care for a family member or friend. The AARP Public Policy Institute (2011) estimated the value of services provided by informal caregivers is worth \$234 billion. (If Medicare and MediCal were to provide this care, the cost would be \$889 billion!)

In 2009, Caregiver Resource Center funding was cut by 74%. The reduction in funds had a major impact on unpaid family caregivers, cutting off or reducing CRC services and eliminating the safety net where services ceased. Restoration of CRC funding is imperative to restore full services to support the increased unmet needs of family caregivers caring for adults with chronic and disabling conditions. Restoring core CRC services is needed to serve working caregivers, aid the increasing aging population of baby boomers and their parents, and support the federal and state movement to receive care in the home – not an institution.

In restoring CRC funds to the 2008 level, it will allow CRCs to perform core direct services, including respite care. Before the 74% funding cut, 5,000 caregivers were on wait lists for respite services. This number has significantly increased due to little or no available funds to provide core services. Restoring funding will also help provide specific specialized caregiver education and support, and will help restore operational capacity of the CRCs to meet the complex needs of family caregivers by increasing the number of clients served and increasing direct service staff to client ratio to serve the increasingly complex family caregiving issues.

Each Caregiver Resource Center offers a complement of family services designed to assist unpaid family caregivers of adults with chronic, disabling health conditions. Services are free or low cost and include:

Comprehensive Assessment: assessing the caregiver's needs and strengths

Family Consultation: assist with understanding the disease process, developing a care plan and accessing a support system

Family Counseling: short-term individual and family sessions with counselors to offer more in-depth support where needed to cope with the strains of caregiving

Respite Care: provides short-term relief from the stresses of caregiving

Education: specialized workshops on a variety of topics for caregivers, family members and professionals on topics related to behavior management, stress reduction, diagnosis and treatment, etc.

Support Groups: meetings in a supportive atmosphere to share experiences and ideas to ease the stress of caregiving

Specialized Information: providing information about care options and services for family caregivers

Legal/Financial Consultation: consultation with an attorney on issues such as durable power of attorney, conservatorship, etc.

*For information, contact:
Lorie Van Tilburg, SCRC Executive Director
(858) 268-4432
lvantilburg@caregivercenter.org.*

OUR MISSION


**To help families and communities master
the challenges of caring for adults with
chronic and disabling conditions.**

Sharing Your Story: Advocating for Family Caregivers

-Martha Rañón, Director of Education & Outreach

Calling all caregivers! Do you have a compelling caregiving story to share with us? Each of us has wonderful stories to tell—some may be uplifting, others might be more challenging. Either way, it is the stories of the family caregivers we serve that help personalize the goals of Southern Caregiver Resource Center (SCRC). As we work towards expanding our reach in the community and educating our legislators about the services we provide, your stories can be the key component to helping tell our story.

Will you consider sharing your story with us? By simply sharing pieces of your caregiving journey, you are advocating for the rights and needs of thousands of family caregivers in San Diego, and beyond. Stories help our legislators and community leaders understand the unique challenges that family caregivers face, as well as the great importance of services like caregiver education, training, respite, support groups and more.

To learn more or to get involved, email Martha Rañón at mranon@caregivercenter.org or call us at (800) 827-1008.

"My mother was diagnosed with Alzheimer's at age 65. I became her full-time caregiver and left a good job at the City of San Diego. I have been accessing the services at Southern Caregiver Resource Center for a year now and they have helped me immensely. Sharing my story is the way I feel I can do more for others and ensure that SCRC continues to provide these much needed services to the community."

– Carmen Trentadue, Client, Caregiver and Advocate



Roberto Velasquez, Supervisor Dianne Jacob and Lorie Van Tilburg



Lorie Van Tilburg, Assemblywoman Shirley Weber and Martha Rañón

Donor Recognition Event

-Roberto Velasquez, Director of Business & Strategic Development



Southern Caregiver Resource Center (SCRC) hosted its annual Donor Recognition event on Thursday, February 6th at the Mintz Levin Law Firm in Carmel Valley. Neither rain nor traffic kept SCRC's friends away from this elegant and intimate gathering where more than 70 guests enjoyed an evening of spirits and delicious hors d'oeuvres from The French Gourmet. Special recognitions were given to SCRC's Year Round Corporate Partners: At Your Home Familycare, ActivCare Living, UC San Diego Radiation Oncology, Accredited Nursing Care, BrightStar, Love2Live Home Care, Sonata Hospice, Brown Marketing Strategies, Classic Party Rentals, ABC 10News, Azteca America San Diego and Streeter Printing. Silverado was awarded the 2013 Corporate Partner of the Year for the second consecutive year.

The evening was capped off with the debut of SCRC's Legacy Circle video that was created by talented producers from ABC 10News and Azteca America San Diego. The short production captures inspiring and powerful messages from family caregivers Ken Fousel, Laurel Nation and Nancy

Deweese. "I thought I could whip this," recalled Ken Fousel, referring to his reaction after his wife was diagnosed with Alzheimer's disease. "I didn't even realize I was so stressed out." Thank you to Ken, Laurel and Nancy for illustrating their caregiving stories to help other family caregivers seek help! Legacy Circle donors are those that make a bequest or lifetime gift to SCRC. In doing so, you directly influence the current and future health of family caregivers in San Diego County.

If you would like to join Ken, Laurel, Nancy and many others as a member of our Legacy Circle family, please contact Roberto Velasquez, Director of Business & Strategic Development, at rvelasquez@caregivercenter.org or call (858) 268-4432. We will be glad to chat with you about the various estate planning options and how it can benefit you personally.

**To view the Legacy Circle video, go to:
www.caregivercenter.org**



Save the Date – Bastille Day is July 12th

An evening of fine wine and exquisite cuisine awaits you at the **22nd Annual Bastille Day Celebration** on Saturday, July 12, from 4 – 8 p.m.

Join SCRC and friends at the Fairbanks Ranch Clubhouse for delicious food prepared by the French Gourmet, wine tasting, live entertainment and a silent auction. 10 News anchors Kimberly Hunt and Steve Atkinson will emcee the evening.

Tickets are \$150 per person and can be purchased on the SCRC website at caregivercenter.org. Event proceeds directly benefit SCRC services for family caregivers.

For more Bastille Day information, please contact Malea Santos at
msantos@caregivercenter.org or (858) 268-4432.



California Advance Healthcare Directive

Americans tend to be independent; we like to have control of our own lives. However, we rarely think about the final phase of life and, as a result, often are unprepared to face heart-wrenching decisions that inevitably come.

Research shows that people have strong feelings about how end-of-life decisions are made. We worry about how our decisions will affect our families both emotionally and financially. We want to be able to work with our doctors and decide on the right treatment, but we also fear our doctors will stop caring for us when the end is near. We want emotional and spiritual support, as well as good medical care. Most of all, we want to die in peace, free from extreme pain, suffering and prolonged dependence.

Initially, most of us encounter end-of-life concerns with the death of a relative or friend before dealing with our own medical needs. Although it might not seem important to discuss end-of-life planning while we are young and healthy, there are many reasons we should.

- Advance care planning allows you to think about important issues when you aren't under great emotional stress and don't need to make immediate decisions
- It is always good to know that your loved ones understand your wishes should you unexpectedly become unable to speak for yourself
- If you become the decision maker in such a case, you won't have to guess what your loved one wants and you will be prepared to act based on what was previously discussed with them
- If you and your family have different views, advance care planning can help avoid serious family conflict

WHAT IS THE ADVANCE HEALTH CARE DIRECTIVE (AHCD)?

The California Health Care Decisions Law, effective July 1, 2000, consolidated previous advance directives into the new Advance Health Care Directive (AHCD). Advance health care directives allow you to have legal control over your health care treatment in the event that you are unable to speak for yourself. California's AHCD provides an efficient and flexible format for planning your future health care. The AHCD allows you to do either or both of the following two things to prepare yourself in the event that you become incapacitated:

1. Appoint a health care agent. The AHCD allows you to appoint a health care agent (also known as "Durable Power of Attorney for Health Care" or "attorney-in-fact"), who will have the legal authority to make health care decisions for you if you are no longer able to speak for yourself.

2. Prepare instructions for health care. The AHCD allows you to communicate specific written instructions regarding your future health care in the event you can no longer speak for yourself. The AHCD replaces the Natural Death Act and is now recognized as the legal format for a living will in the state of California.

Completing an advance directive is particularly useful if there is any chance that family members may not know what you want or may not agree on the type of care you should receive. An advance directive can affirm what you've thought and talked about with people close to you.

AHCD DOCUMENTS:

- Are intended to ensure that your wishes will be known and followed
- Will be more informative and helpful if you discuss your wishes with your family, friends and healthcare providers
- Become effective only when you can no longer make or communicate decisions for yourself

HOW TO BEGIN ADVANCE CARE PLANNING

As you begin advance care planning, consider these questions:

- What concerns you most about death or dying?
- How would you want to spend the last month of your life?
- What positive images do you have of the dying process? What negative images?
- Some people want everything that can possibly be done to delay death; others don't want dying to be prolonged. Where do you draw the line?
- Who should make these decisions for you if you cannot speak for yourself?

Sharing your views with those important to you is a good way to explore this topic. This also can help you identify the person best able to speak for you if it becomes necessary. If you have a doctor, it is helpful to make sure he or she knows your specific views about end-of-life care. You may want to schedule an appointment to talk to your medical provider – such as your primary care doctor, nurse practitioner or specialist.

ADVANCE CARE PLANNING STEPS

- Consider your personal values about quality of life. What makes being alive meaningful to you?
- Talk with your family or other loved ones about your values
- Identify who will speak for you if you become unable to speak for yourself
- Talk with your doctor about your views on medical treatment for your end-of-life planning
- Complete the Advance Health Care Directive document

WHERE TO FIND AHCD FORMS

Standardized forms are not required to complete an AHCD. However, any AHCD will need to include the statutory language concerning witnesses or notary public. Standardized forms will also provide you with guidelines for completing a thorough AHCD. You can order a standardized AHCD kit for \$5 from the California Medical Association at their website, www.cmanet.org/bookstore/fulllist.cfm, or call CMA publications at (800) 882-1262.



For additional information, visit the SCRC website at www.caregivercenter.org to access these SCRC fact sheets: *End-of-Life Choices; End-of-Life Decision Making; Durable Powers of Attorney and Revocable Living Trusts; Legal Planning for Incapacity; and Protective Proceedings: Guardianships and Conservatorships.*

FREE RESOURCE

Introduction to Advance Health Care Directives

Join SCRC as we help you navigate Advance Health Care Directives in this two-part course. The classes will be held at the SCRC offices, are taught by professionally-trained staff and can be taken together or individually.

- Space is limited to 10 people per class and registration is required. Space is reserved on a first come, first served basis.
- There is no fee for these classes.
- Three hours of respite will be provided by a homecare agency if needed; please contact your Family Consultant.

PART I - August 12th

- Understanding the meaning of an Advance Directive
- Discussing Healthcare Choices (Life-sustaining treatments)
- Understanding related forms: Do-Not-Resuscitate (DNR) and Physicians Orders for Life-Sustaining Treatments (POLST)

PART II - August 26th

- Preparing an Advance Healthcare Directive; filling out the form line-by-line

See page 10 for additional information.

“Plan for what is difficult while it is easy, do what is great while it is small.”

- Sun Tzu

Mindfulness: Turning Off Auto Pilot

-Martha Rañón, Director of Education & Outreach

How many times during our hectic days do we actually stop to smell the proverbial roses? Shuffling from work, to home, to school, to take care of the kids, to take care of a relative, to take care of our pets – it's a constant shifting of gears and we are often on autopilot going about another busy day. What would happen if we took the time to enjoy the scenery, become aware of our surroundings, sing along to our favorite tunes? Acknowledging our thoughts and feelings, even the way we feel physically in the present moment can help us get out of the mental bottleneck in which we sometimes find ourselves - this is what it means to be mindful.

Mindfulness is the simple, yet often difficult, concept of noticing thoughts, sensations, sights, sounds and smells in order to increase our awareness of the present moment. It is the practice of noticing what often goes unnoticed and learning to refocus our attention, without being judgmental. Mindfulness helps us sift through the noise and get to "our happy place."

How many times have you quickly gone over to the kitchen sink to wash the dishes thinking about all the other chores that need to be done? Your mind quickly starts to add up all those activities which can cause additional stress and anxiety and soon you become overwhelmed. Next time, try practicing being mindful while doing a routine task like the dishes. Turn on the faucet and watch as the water flows onto your hands, feel the temperature of the water and listen to the trickling of it. As you lather the sponge notice the bubbles; how many are there, how quickly do they pop? What does the soap smell like, what color is it? Notice the different clacking sounds of the dishes and feel how smooth the surfaces are once they are clean. Notice the water dripping off as you place the clean dishes in the dish rack.

You can also try it again the next time you are driving home and are stuck in traffic. Take three deep breaths to calm yourself. Focus on the breathing to create a sense of calmness. If anxious or future-oriented thoughts enter your mind, acknowledge them but then let them go, bringing your attention back to the present and practicing your breathing. Notice how your hands feel on the smooth surface of the steering wheel. How does the seat feel under your legs? Look up at the sky and notice the color. Are there any clouds? Notice trees or plants nearby and how they sway with the wind.

Once you've done this, congratulations – you just completed your first mindfulness exercise! With each day, remember to turn off the autopilot. You will be surprised at how much we miss when we are driving in the fast lane.

8 simple steps to practice mindfulness every day

1. **Make time:** Set aside a small block of time every day and commit to it.
2. **Find your place:** Find a quiet place and turn off your phone.
3. **Get comfortable:** You can be sitting or laying down, do what comes naturally.
4. **Breathe:** Take slow, deep breaths and close your eyes to help you relax.
5. **Reflect:** Take in the present moment and reflect on what you feel, smell, see.
6. **Relax:** Allow thoughts to pass through your mind without giving them a second thought.
7. **Transition:** slowly move back into the rest of your day with a more positive attitude.
8. **Repeat:** Make it a goal to practice these steps again.



Changes in Home Care: Understanding New Legislation and Updated Labor Standards

-Steven Davidson, Regional Manager, Accredited Nursing Care

Over the next two years, several legislative and labor policy changes will be introduced at the federal and state levels, and the home care industry will be greatly impacted. For the first time in a long time, a new state law will have an immediate effect on how non-medical home care aides (caregivers) are paid for their work throughout the state of California. Assembly Bill 241, signed into law by Governor Brown in September, took effect on January 1.

This landmark piece of legislation explains in detail – and with only a few exceptions – that all domestic work employees (including nannies, babysitters and home care aides/caregivers) are to be paid overtime wages on a daily and weekly basis. It goes on to clarify when overtime pay is applicable – after nine hours in a day and 45 in a week – along with how it is to be paid (at 1.5 times what is called the “regular rate”).

It is important to note that the daily (nine hours) and weekly (45 hours) overtime thresholds are not the same as what many of us are accustomed to when we think of overtime in a more general labor setting, such as for office employees or retail clerks. The bill specifically applies only to domestic workers. On July 1, the first of several increases to California's minimum wage, to \$9 per hour, will take effect. This is also important, since all home care providers must be paid at least minimum wage for all hours worked.

The third change will impact all home care workers and their employers across the country. On January 1, 2015, the Federal Companionship Exemption will be officially eliminated by the United States Department of Labor. This revolutionary and sweeping change to the federal labor code will require home care workers throughout the United States to be paid overtime (1.5 times their regular hourly rate) after 40 hours worked in a week. It's important to note that, because California has its own overtime law on the books for domestic workers (referenced above), both laws must be applied – meaning workers will earn overtime after nine hours in a day and 40 in a week, starting on January 1, 2015.

Whether home care services are provided through a full-service home care agency (one that employs its caregivers, withholds and files payroll taxes, and has liability and workers' compensation insurance policies in force), a

registry service or as private hires (caregivers work directly for the client or the client's family), all three of these laws must be followed throughout California.

For more information about in-home care options, contact Southern Caregiver Resource Center at (800) 827-1008.

About Accredited Nursing Care

Accredited Nursing Care has an established track record of excellence in the home care industry, encompassing more than 30 years of in-home health care and skilled nursing experience and success in the Southern California area. We specialize in home care services aimed at maintaining a client's independence at home, and Accredited Nursing's expert caregivers strive to enhance an individual's quality of life and prevent unnecessary hospitalizations or facility placements. For more information about Accredited Nursing Care, please contact us at (619) 265-1234 or www.accreditednursing.com



*The Accredited Family
of Home Care Services*

is proud to be a Year-Round Corporate Partner of Southern Caregiver Resource Center and sponsor of this edition of Wavelengths, Spring-Summer 2014.

Are you or your company interested in learning more about becoming an SCRC Year-Round Corporate Partner?

Contact Roberto Velasquez,
Director of Business & Strategic Development, at
rvelasquez@caregivercenter.org or call (858) 268-4432.

Upcoming Caregiver Training

Our events are always free. Respite is available on request, please call for more information.

MAY**12**

Managing the Emotional Aspects of Caregiving

May 12, 10 – 11 a.m.

Sharp Health Plan

5820 Tech Way, San Diego 92123

MAY**14**

Aging Parents

May 14, 10 – 11:30 a.m.

Grossmont HealthCare District

Conference Center

9001 Wakarusa Street, La Mesa 91942

MAY**30**

My Aging Parents and How Hospice Care Can Help

May 30, 2 – 5 p.m.

George Waters Nutrition Center

1415 D Avenue, National City 91950

RSVP at (858) 268-4432 or (800) 827-1008

MAY**31**

Wellness Workshop

May 31, 9:30 a.m. - 12:30 p.m.

UCSD Radiation Oncology, Building B

959 Lane Avenue, Chula Vista 91914

RSVP at (619) 502-7726

AUG**12**

Introduction to Advance Health Care Directives: Part One

August 12, 1 – 3:30 p.m.

SCRC Office

3675 Ruffin Rd., Ste 230, SD 92123

Staff: Kassy Mason, MSW and Seraphina Galante, MSW

RSVP at (858) 268-4432

AUG**26**

Introduction to Advance Health Care Directives: Part Two

August 26, 1 – 3:30 p.m.

SCRC Office

3675 Ruffin Rd., Ste 230, SD 92123

Staff: Kassy Mason, MSW and Seraphina Galante, MSW

RSVP at (858) 268-4432

SEPT**5**

Caring for Someone with Alzheimer's

September 5, 9:30 – 11:30 a.m.

Escondido Adult School

220 West Crest Street, Escondido, 92026

SEPT**17**

Managing the Emotional Aspects of Caregiving (CEUs available)

September 17, 12 – 2 p.m.

Silverado Escondido

1500 Borden Road, Escondido 92026

RSVP at (760) 737-7900 or

aharris@silveradocare.com



The Legacy Circle is a special group of individuals who have made a bequest or lifetime gift to Southern Caregiver Resource Center (SCRC). To join these very important friends, simply inform SCRC that you have included them in your estate plan.

For more information, contact Roberto Velasquez at (858) 268-4432 or rvelasquez@caregivercenter.org.



Donate Your Car, Boat, RV or
Motorcycle to Support
Southern Caregiver Resource Center

Call us at (888) 392-8278

SCRC Support Groups

Southern Caregiver Resource Center offers professionally facilitated support groups for family caregivers. These groups are open and ongoing, registration is not required and all are free of charge.

Caregiver Support Group – SCRC Office

2nd and 4th Thursday of every month (5:30 – 7 p.m.)
 SCRC Office - 3675 Ruffin Road, Suite 230, SD 92123
 Facilitator: Elizabeth Saldaña, IMFT
 *This group has a focus on adult children who are caring for a parent, but is open to all caregivers

Caregiver Support Group – Clairemont

2nd and 4th Wednesday of every month (1:30 – 3 p.m.)
 Live Well San Diego - 4425 Bannock Ave., SD 92117
 Facilitator: Michelle Schachtel, IMFT
 *On-site supervision for care receiver is available at this group

Multiple Sclerosis Caregiver Support Group

3rd Thursday of every month (6:30 – 8 p.m.)
 SCRC Office - 3675 Ruffin Road, Suite 230, SD 92123
 Facilitator: Seraphina Galante, MSW

Caregiver Support Group – Rancho Bernardo

1st and 3rd Thursday of every month (5:30 – 7 p.m.)
 The Remington Club, Multi-purpose Room
 16925 Hierba Dr., San Diego 92128
 Facilitator: Adrienne Burnette, Ph.D., MFT

Caregiver Support Group – National City

1st and 3rd Tuesday of every month (2:30 – 4 p.m.)
 Paradise Village Board Room
 2700 East St., National City 91950
 Facilitator: Kassy Mason, MSW

EN ESPAÑOL – Caregiver Support Groups in Spanish

Chula Vista

1st and 3rd Wednesday of every month (4:30 – 6:30 p.m.)
 Norman Park Senior Center
 270 F Street, Chula Vista 91910
 Facilitator: Zulema Casiano, LMFT, (619) 618-6266

San Ysidro

2nd and 4th Thursday of every month (3 – 4:30 p.m.)
 San Ysidro Adult Day Health Center
 3364 Beyer Blvd., San Ysidro 92173
 Facilitator: Miriam Guillen-Ibarra, IMFT, (619) 948-6640

Caregivers Corner



SCRC clients attend a workshop.

"Being a caregiver is uncharted territory for me. At times I feel so alone and ill prepared, which can be paralyzing. Your understanding of these roller coaster feelings help me be a more loving support to my husband. I am just so grateful for you and your wonderful organization. You are a blessing to me."

– Family Caregiver

"I can't thank you enough for all you do. You have helped me a great deal, not only with your referrals and sound advice but listening to me and being kind, patient, and understanding; for checking up on me and following through. Thank you for being so gracious."

– Family Caregiver



Southern Caregiver Resource Center

Caring for those who care for others

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Yes –
I'm pledging to take part in the
Give BIG campaign!

By taking part in the GiveBIG campaign, SCRC will be eligible to acquire a portion of the \$150,000 matching grant from the San Diego Foundation. Follow these easy steps to maximize your donation to SCRC.

1. Go online to www.givebigsandiego.org
2. Find the SCRC donation page
3. Make a minimum \$25 donation
4. Tell your friends and family to GiveBIG too!

Please note donations will only be accepted online from 12:00 a.m. PST to 11:59 p.m. PST on Tuesday, May 6, 2014.