

ONE-SOURCE EMPOWERING CAREGIVERS

NEWSLETTER

October 2019

One Source-Empowering Caregivers, 524 Brunswick Rd, Grass Valley, 95945



Leadership Team

Carolyn M Seyler, RN MS
Executive Director

Melissa Horton, MA, D Min
Volunteer Coordinator

Board of Directors

President-Interim:

DEBORAH ROUSSEAU

Secretary:

SANDY SPURGEON

Treasurer:

DANIEL WHELAN

Legal Advisor:

STEPHEN BAKER, Esq

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Medical Advisor:

MARK AGNESS, MD

Members at Large:

KATHERINE DOOLITTLE

CINDY COOPER, RN

DIANE MIESSLER, RN

www.empoweringcaregivers.org

OFFICE #530-205-9514

Executive Director,
Carolyn Seyler, announces
and welcomes



TUESDAY, OCTOBER 29TH

WELCOME RECEPTION FOR
MELISSA WITH OSEC VOLUNTEERS
FROM 3 PM-5 PM

OPEN HOUSE

**COMMUNITY RECEPTION
FROM 5 PM-7:30 PM**

AT OUR NEW OFFICES

MELISSA HORTON, MA, D Min, VOLUNTEER COORDINATOR

With advanced degrees and certification specializing in counseling and health psychology, Melissa has joined our team as a Volunteer Care Specialist and recently accepted the position of Volunteer Coordinator.

Melissa has been involved in healing and healthcare for over 25 years. As an ordained Chaplain Melissa has been employed with Hospice of the Foothills; as Nevada County Bereavement Specialist; and worked at Sierra Nevada Memorial Hospital Cancer Center with support groups. Melissa has been a caregiver and knows firsthand the challenges family caregivers face.

As of October 1st Melissa is in OUR NEW OFFICES on Tuesday and Thursday, located at 524 BRUNSWICK ROAD IN THE GLENBROOK STATION COMPLEX.

SEE RECEPTION ANNOUNCEMENT ABOVE

“Caregivers’ Conversation Corner”

Caregiver-My volunteer has saved my life...

Volunteer- My time volunteering has changed my life....

Caregiver-I did not know that I had lost so many friends!

Volunteer- I know that I have made a life-long friend and this friendship is very special.

Caregiver-I had given up on ever feeling like a person again.

Volunteer-This experience has changed me; I take away far more than I give.

Caregiver- I had given up and just let myself disappear. I made a promise and I was going to keep it no matter what.

Volunteer- I wanted to help, somehow; this experience is incredibly enriching.

**PLEASE JOIN OUR VOLUNTEER TEAM
JUST CALL-NOW 530-205-9514**

MOVING....ACROSS THE STREET !!!

**524 BRUNSWICK ROAD, GRASS VALLEY
GLENBROOK STATION COMPLEX**

**SAME PHONE NUMBER 530-205-9514
OCTOBER 1ST NEW OFFICES**

**RICKEY’S GOLD COUNTRY MOVING
GREAT SERVICE !!!-THANKS SO MUCH !!!**



Board Member Voice Of SANDY SPURGEON Board Secretary



Sandy has 27 years in experience working as a Park and Recreation Program Developer and Administrator in Lake Tahoe.

Sandy currently serves as Secretary for Board of Directors for One Source – Empowering Caregivers.

She and her husband have lived in Grass Valley for 13 years.

Sandy currently works as a real estate agent for Home Smart I Care Realty and was most helpful in assisting the organization in finding a new location.

She was ordained as a minister through Reunion Ministries 10 years ago and currently serves as a volunteer chaplain coordinator for Unity in the Gold Country Spiritual Center.

The reason why Sandy is involved in OSEC is her love of offering spiritual support and empowering others in living their best life, knowing they are not alone.

A special thank you for participating in the new office search, the coordinating of painting the new offices, and the ever present encouragement throughout the entire process.

MANY THANKS

TO ALL OF OUR COMMUNITY AND PRIVATE DONORS OF 2019 WHO HAVE GIVEN FINANCIAL SUPPORT TO OUR ORGANIZATION'S MISSION AND FOR OUR TRAINING AND SERVICE PROGRAMS

WE GIVE THANKS.....

Grass Valley Ladies Relief Society
Peace Lutheran Endowment Funds
The Soropitmist International of The Foothills
The Soropitmist International of Grass Valley
PG&E Your Cause-Network for Good
Amazon Smile

Donna Raibley-Founder

Board of Director

Mark Agness
Cindy Cooper
Katherine Doolittle
Deborah Rousseau
Sandy Spurgeon
Daniel Whalen

WE GIVE THANKS TO COMMUNITY MEMBERS

Mr. and Mrs. John Adams	Julia Amaral
Linda Aeschliman	Kathryn Barratt
Charlotte Bolinger	Maggie Cull
Hayley Ebersole	Karle de Prosse
Pat Forman	Mr. & Mrs. Wm Larsen
Mr.&Mrs. Warren Nelson	Barbara Nix
Robert Raibley	Robert Reimer
John Rimel	Michael Ruggles
Carolyn Seyler	Mark Strate
Mr.& Mrs. Thompson	

NOVEMBER 2019

THE GIVING TREE

PLEASE REMEMBER US WHEN GIVING.

VOLUNTEER SPOTLIGHT



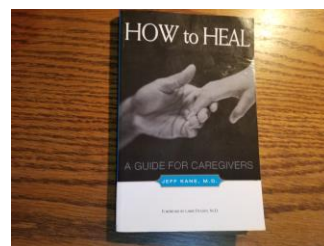
VOLUNTEER CARE SPECIALISTS SEPTEMBER TRAINING

SEPTEMBER TRAINING IS COMPLETED

OUR NEW VOLUNTEERS AND COMMUNITY PARTNERS WHO HAVE PARTICIPATED IN THE SEPTEMBER TRAINING:

There was a wonderful response and many compliments received from our 20 participants on Day 1 of training. Attendance included guests, community partners, and potential volunteers.

- Jeff Kane, MD Keynote Speaker, was very pleased with the attendance and participation. OSEC purchased Jeff Kane's book for all who participated in his presentation. His book signing was most successful. "HOW TO HEAL" IS AVAILABLE IN OUR COMMUNITY RESOURCE LIBRARY AT OUR OFFICES. THANK YOU JEFF.



OTHER PARTICIPANTS INCLUDED:

- The Del Oro County Educator
- Members of the Alzheimer's Support group from the Hospital Foundation attended. 3 peer counselors participated in the training.
- The Caregiver Advantage Support Trainer participated in both days and stated that "this training was just outstanding, very different, interactive, relationship building, and creative." She too provided newly published copies of her book for each participant which included a DVD training presentation for caregivers.

MANY THANKS TO OUR COMMUNITY INSTRUCTORS:

CINDY COOPER, RN (AND BOARD MEMBER)

PAT FORMAN, MS

BARBARA LARSEN, MS

JEREE WALLER, MS

VOLUNTEER PARTICIPANTS:

HARRIET TOTTEN

GEORGE GRIST

524 Brunswick Road
Grass Valley, CA 95945

One Source
Empowering Caregivers



Postage
Information

CERTIFICATES OF PARTICIPATION
WERE GIVEN TO:

Valerie Aura
Linda Aeschliman
Myra Brooks
Maggie Cull
Debra Ellis
Pat Forman
Linda Fox
Melissa Horton
Kris J Mather
Annie Mikal
Elizabeth Rawson
Joanna Robinson
Jenn Suarez
Jo Wamser
Pinky Zalkin

**THANK YOU FOR YOUR PARTICIPATION AND
CONTRIBUTIONS TO THIS TRAINING**

**CALENDAR OF EDUCATION AND
TRAINING FOR 2019**
ALL ARE WELCOME TO ATTEND.
PLEASE RSVP.....SPACE IS LIMITED.

Do you want to help others? While Cultivating Hope in their lives?

Do you have just four hours to spare a week?

If you are nurturing, compassionate, and want to make a world of difference in another's life then join our great OSEC Volunteer Team!

A little of your time, with a caring smile, and some kind words can change the life of a caregiver who is providing 24/7 care to a loved one at home!

CONTACT: Melissa or Carolyn 530-205-9514