

# Respite Record

One Source-Empowering Caregivers, 563 Brunswick Road East, Suite 11, Grass Valley, 95945



## Celebrating May Leadership Team

**Carolyn M Seyler, RN MS**  
Executive Director

**Open Opportunity**  
Volunteer Coordinator

## Board of Directors

**Founder-President:**  
DONNA RAIBLEY

**Vice President:**  
DEBORAH ROUSSEAU

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**Assessment Advisors:**  
Cindy Cooper, RN  
Diane Miessler, RN

## Message From The President....

Happy May everyone,

Here's a poem I wrote last year that I wanted to share.

### *Cultivating Hope*

*Built on a promise to a dear Friend  
A promise given to him at the end  
In a dream the pictures came to be  
One Source of hands, round a giving tree  
Care for the giver, who cares for others  
Wives caring for husbands, children caring for mothers*

*Cultivating Hope for others in need  
Let's do it together, let's plant the seed*

*His wife says he was brilliant, a patent design  
Now he hardly remembers what's left on his mind  
She struggles on how to get out of bed  
Her son smiles, whispers, and gently touches her head  
He smiles, as she asks again, who he might be?  
He reminds her they married 65 years ago in 1943*

*Cultivating Hope for others in need  
Let's do it together, let's plant the seed*

*They are tired and weary yet continue to give  
No time for themselves have forgotten to live  
We arrive with a promise of hope for their state  
Do a little, help a little, take a little off their plate  
Volunteers who serve are amazing and gifted  
Time for others, leaving them with burdens lifted*

*Seasons are changing with many living longer  
We step forward to serve and make each other stronger*

*Cultivating Hope for others in need  
Let's do it together, let's plant the seed*

Thanks to all who help us serve caregivers,  
Blessing to all, Donna Raibley

May-June 2019

Executive Director, Carolyn Seyler announces

**SAVE THE DATE**

**One Source-Empowering  
Caregivers Fundraiser**

**Saturday Oct 19, 2019  
Heart & Wine  
Masquerade Dinner Gala  
Ponderosa Hall @ Fairgrounds  
ANNUAL FUN-d-RAISER**

**Live Entertainment, Dinner, Dancing  
and lots of Laughter and Fun!**



**5:30 pm-10:00 pm  
Photo Booth available**

**Costumes Encouraged**

**We are looking for VOLUNTEERS!  
To help with set-up, serving, ticket sales, and  
clean-up!**



**Contact Carolyn at 530-205-9514 or email  
[ed@empoweringcaregivers.org](mailto:ed@empoweringcaregivers.org)**

**Volunteer Voice**

**Of**

**Vice President, Board of Directors**

**DEBORAH ROUSSEAU**



Deborah was part of the inaugural training class for OSEC's- Volunteer Care Specialist in 2015 and began working with a couple in Rough and Ready soon after. She was so inspired by the impact of the organization that she asked to get more involved. Deborah joined The Board of Directors in 2016 as the Vice President.

Deborah Rousseau and her husband Brandon moved from Scotts Valley to Grass Valley in 2015 in order to care of her, then, 83 year old mother.

Deborah works remotely from her home off of McCourtney Road as a technology recruiter having worked in the profession for over 25 years for such companies as Google, LinkedIn, GoPro, Hitachi, and Plantronics. She has consistently worked with non-profits and held various roles on The Board of Directors for The International Association of Business Communicators, The California Staffing Professionals, and Scotts Valley Pal Football League.

**WHY OSEC....**

Deborah was initially inspired to volunteer in the county in order to make new friends and then she read about One Source - Empowering Caregivers in the Union. Through this newly formed non-profit she realized she could help fill an important need in the community, learn some key skills to help care for her mother, and make new friends.

**MANY THANKS TO  
JULIA AMARAL & MARK STRATE**



One Source-Empowering Caregivers has received a generous gift grant from Julia Amaral and Mark Strate who have been supporting One Source – Empowering Caregivers for many years. Their generosity has given our organization the ability to train volunteers and reach out to many caregivers in our community. The volunteers are having a direct impact on the quality of life for caregivers, those whom we serve in their homes.

We look forward to initiating a “Caregiver Educational Support Group” before the end of the year.  
Thank you!

**MARK YOUR CALENDARS  
FOR A VERY SPECIAL EVENT...  
DATE: WED. JUNE 5<sup>TH</sup>**

**PLEASE JOIN US FOR A SPECIAL RECEPTION  
TO EXPRESS OUR APPRECIATION**



**IN HONOR OF YOU!**

Come and enjoy and share the stories and the successes of OSEC’S VOLUNTEERS  
With a loving fare well for  
Harriet Totten, Volunteer Coordinator

5:30 - 7:00 pm Wine and Appetizers  
6:15 pm Presentation of Awards  
6:45 pm Presentation of Certificates for recent graduates of March 2019 -VCS Training

Event will be located at the Love Building,  
660 Minnie Street, Grass Valley, Condon Park.  
Plenty of Parking available.  
RSVP...530-205-9514 or email

**VOLUNTEER SPOTLIGHT**



**SUE FLYNN  
VOLUNTEER CARE SPECIALIST**

A native Californian, Sue Flynn grew up on a lemon and avocado ranch outside of Santa Barbara where she worked on the ranch with her parents; nurturing her love of gardening and horse riding. She attended UCSB and following her marriage, moved to Sacramento where she raised her four sons while working for the California State Assembly. She was responsible for the daily production of one of three publications mandated by the State Constitution.

When her boys were older, she moved to San Juan Island, Washington and purchased some land and she raised sheep and goats, learned to spin their fiber, and began gardening in earnest. She has worked many jobs; setting tile, hanging wall paper, house painter, and then she got a job at a convalescent center which led to her great interest in helping older persons needing assistance. She became a CNA, a home health aide, and an EMT, also doing private hospice care for many.

Following the birth of her first grandson, she moved back to California and worked at the Assembly for an additional 7 years. She retired and bought a small farm in Grass Valley where she continues to garden and maintains a small stock of sheep. She has welcomed eleven more wonderful grandchildren!

**WHY OSEC....**

One day she saw an article in the paper about Donna Raibley starting a volunteer program to give assistance to homebound caregivers. Having the time and wanting to give back, she contacted OSEC and happily became one in the first class of Volunteer Care Specialist Training. This has opened up such a wondrous experience! She has truly enjoyed her many placements with caregivers. Sue says...OSEC is a perfect match!  
What a blessing Sue is to our organization!

563 Brunswick Road  
Grass Valley, CA 95945

*One Source*  
Empowering Caregivers



Postage  
Information

**Presenter: Pat Forman, MPH, MA**



**Location: OSEC Office-563 Brunswick Rd #11**

**ALL ARE WELCOME TO ATTEND.**

**“Caregiver’s Conversation Corner”**  
Special Presentation and Educational Program  
“Advanced Directives  
And Care Planning.”  
Wednesday, May 22<sup>nd</sup>  
5:30 pm-7:00 pm

Pat has 15 years’ experience working as a Certified Advance Care Planning Facilitator with individuals, couples, groups, and organizations. The goal of the evening presentation is to start thinking about values, beliefs, wishes, and choices that are available as one ages and declines physically, mentally, and emotionally. Talking about this while still healthy is a critical component of decision making and understanding of what matters most. Talking about Advanced Directives and personal choices now will guide one in talking with loved ones who need to know.

