

Respite Record

July–August
2019

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



GIVING THANKS-APPRECIATION AND AWARDS RECEPTION WAS HELD IN JUNE

One Source- Empowering Caregivers

Leadership Team

Carolyn M Seyler RN MS
Executive Director

Open Opportunity
Volunteer Coordinator

Board of Directors

President-Interim:

DEBORAH ROUSSEAU

Secretary:

SANDY SPURGEON

Treasurer:

DANIEL WHELAN

Legal Advisor:

STEPHEN BAKER, Esq

Medical Advisor:

MARK AGNESS, MD

Assessment Advisors:

Cindy Cooper, RN

Diane Miessler, RN



**SPECIAL THANKS TO COUNTRY COPY PRINT, LAZY DOG ICE
CREAM TRUCK, AND ALL OF THE VOLUNTEERS WHO HELPED
WITH SET UP AND CLEAN UP.**

www.empoweringcaregivers.org

Office- 530-205-9514

Executive Director, Carolyn Seyler announces:

Caregivers are waiting for our help!
Just 4 hours a week.
Volunteer Care Specialist Training



Saturday, September 7th
Saturday, September 14th
Saturday, September 21st
8:30 am-4:30 pm

**At the offices of One Source-
Empowering Caregivers**

Contact Carolyn at 530-205-9514 or email
ED@empoweringcaregivers.org



"Thank you to our caterer, Gianna Seghezzi who provided us with a delicious buffet and to Debbie and Bob Peterson for topping the evening with their Lazy Dog ice cream truck."
-Carolyn



"It was a great gathering to celebrate each other...so much love and caring in this group. Glad to be a part of it." -Patty

"It was great to see everyone. We are out on our mission and it was great to gather."
-George (Hap)

MANY THANKS



“A loving thank you to everyone. This was a beautiful evening full of wonderful people. There were tears of joy, and lots and lots of laughter and love in the room. Consider yourselves amazing!!” -Harriet

ONE SOURCE –EMPOWERING CAREGIVERS Community Resource Library

We now have a resource library available to the community. If you are looking for helpful tips on caregiving, puzzles to share while caregiving, ideas or resources, please feel free to come in and take a look. Our loaner system is easy, pick an item, sign out and date.



If you have any books that may be helpful for a caregiver in their caregiver role, and you are cleaning out your library, please donate to One Source –Empowering Caregivers!

VOLUNTEER SPOTLIGHT



PATTY O'CONNOR VOLUNTEER CARE SPECIALIST

Patty joined One Source –Empowering Caregivers in Oct 2017 with the 3rd training group and has been such a committed volunteer. We are so thankful for her time and her compassionate nature.

Patty has always been drawn to the helping fields, which has led her into service work most of her life. As a teenager she volunteered at the Recreation Center for the Handicapped in San Francisco, (where she grew up), doing arts and crafts with disabled children; then she volunteered in a half way house offering support where needed with teenagers; and then for almost 30 years she worked at Sierra Nevada Children's Services here in Grass Valley as a support specialist. Now she is a semi-retired Barista and loves it.

WHY OSEC....

When asked why she chose to volunteer for OSEC, this was her response.

I missed doing deeper service work to those in need. I shared these feelings with my partner and that led both of us to One Source - Empowering Caregivers. I felt what a wonderful way to give back by helping to give caregivers some very needed respite time for themselves. So we signed up for the training classes. And how wonderful that has been. The organization is very professional, empowering, supportive and full of heart.

When not working she loves to play in the art world, Ceramics and Photography being her main passions. And travel, she states that it is a great way to see what is commonly shared by the people around the world. She has learned on this life journey that Love is the universal connector.

563 Brunswick Road
Grass Valley, CA 95945

One Source
Empowering Caregivers



Postage
Information



Schedule of Yoga Classes

As caregivers, community members and volunteers, we give so much of ourselves. Take a Saturday afternoon break to refill your cup with meditative movement to quiet the mind. Nourish your body, heart and spirit with gentle yoga for all levels, enlivening and energizing yet accessible enough for those with injuries. Please join us.

Bring a mat if you have one, we'll have a few extras.

No experience necessary. **RSVP required.**

All classes from 12:30p-1:45p on Saturdays at OSEC office on the following dates:

July 20 /August 3/August 10/ August 17

**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 Care 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!

SIGN UP NOW!

CONTACT CAROLYN @ 530-205-9514