

December 2019

# One Source Empowering Caregivers

524 Brunswick Road Grass Valley CA 95945 \* (530) 205-9514 \* [www.empoweringcaregivers.org](http://www.empoweringcaregivers.org)



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

**Melissa Horton**  
Volunteer Coordinator

**Donna Raibley**  
Founder

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## Happy Holidays!

*from the Executive Director*

Another year has come and gone and miracles abound... Since December 2014, when we first began, we have provided 5 YEARS of visit and referral programs and services.

In 2019, you've made it possible for our volunteers to provide:

- 2000+ hours of volunteer in-home visits providing respite time for caregivers.
- 40 in-home visits and caregiver 1:1 needs analysis, referrals, and care planning
- 2 Volunteer Care Specialist trainings, one in March and one in September
- 4 educational presentations by guest experts
- Increased community partnerships

In-home caregivers bear the fatigue and stressful reality of caring for a loved one with a long term, chronic illness. In today's world individuals are living longer, so caregivers are caregiving longer. Recent research shows these caregivers are dying before the person they are caring for. The numbers world-wide are staggering!

We are incredibly grateful to the individual volunteers who help provide some relief for our caregivers. You are a gift! For 4 hours a week, a volunteer brings social interaction, emotional support, and an understanding of the difficulties caregivers face.

We are on a *Quest for the Best*. Please consider giving a little of your time. You will make a huge difference in the life of a caregiver! By joining our Volunteer Care Specialist Team you will be...

## CULTIVATING HOPE FOR CAREGIVERS

*Carolyn M Seyler, RN, MS*



# The Caregiver Advantage

Creating a community that  
*fosters the*  
*development of*  
*self-care* for caregivers

## FREE seven week program of education and support

Meets twice a month, starting Monday, January 13, 2020

9:30 AM – 12:30 PM Self-care skills training for caregivers

9:30 AM – 3:30 PM Complementary care for your loved one provided by Helping Hands Adult Day Program

Pre-registration: (530) 205-9514

Lunch is included for you and your loved one

Each class builds on the last, so please plan to attend all training sessions

### Skills

**Meeting 1: Creativity as Self-Care.** Introductions, welcome, techniques for stress reduction. Find a safe place to begin to explore self-priority skills.

**Meeting 2: Receiving the gift of self-care:** Clay as the container. Consider receiving. Create a simple clay container to receive moments for self-care and stress relief.

**Meeting 3: The Relaxed and Responsive Caregiver.** Notice the difference between a tension-producing task and a relaxation-producing skill. Establish a phone friend to boost support and connection.

**Meeting 4: Grace in the Face of Grief.** Take time to express difficult emotions: the conflicting loss, pain, frustration and strain, and the joy in sweet moments of memory and love.

**Meeting 5: Collaborating Creatively.** Advocate for self-care. Choose materials to represent yourself in a group, and strengthen your sense of individual empowerment.

**Meeting 6: Helping Hands.** Caregiving creates isolation. Acknowledge your need and strengthen your ability to ask for help and support from friends, family, and medical services.

**Meeting 7: You ARE a Blessing!** Reflect on who you are now within the group. Contribute to each member of the group's developing self-image.



**Helping Hands Adult Day Program**  
17645 Penn Valley Drive, Penn Valley  
(Across from the Penn Valley Post Office)

**In Partnership with**  
One Source Empowering Caregivers  
The Caregiver Advantage



## Letter of Appreciation to Donors and Volunteers

On behalf of everyone here at One Source-Empowering Caregivers, I wish to express appreciation to each of the DONORS who have so generously supported our volunteers with their financial contributions to our mission. By giving your gift you have become part of our daily efforts to assist caregivers and to broaden the service platforms in our community.

As a VOLUNTEER, sometimes your successes are invisible: a crisis averted, a trip to the hospital avoided. Caregivers have shared their feelings of relief and gratitude during visits with the staff and volunteers. Here are some of their words:

"I felt so isolated and alone and now with my wonderful volunteer coming every week, I look forward to the day."

"When the family would visit, they would walk right by me to visit my husband; I was invisible. When my volunteer comes, he makes me feel like I am important."

"I have lost so many friends-gone from my life and I used to think thoughts of 'I wish he would go soon.' Now with my volunteer and the calls from the office, I know that I can ask for help."

"I have had no time to do anything else but stay home and manage meals, medications, and watch her every minute, fearing for another fall, another trip to the ER. My volunteer has been so helpful and understands just what I need."

"Caring for someone is like climbing out of the abyss of overwhelm and I have no idea how many rungs on this ladder are missing."

***"THANK YOU" IS NEVER ENOUGH***

*But please accept our heartfelt declarations of gratitude*

## Orientation and Training Program

**Call the OSEC office today to schedule an appointment. Please be prepared to:**

- Complete the application for a volunteer position:
  - In-home visits
  - Office support
  - Community outreach
  - Internet support
- Consent to a DOJ fingerprint clearance
- Spend time in the office shadowing a peer volunteer
- Be available to volunteer 2-4 hours a week

OSEC Volunteer Coordinator

*Melissa Horton*



*One Source*  
Empowering Caregivers

524 Brunswick Road  
Grass Valley, CA 95945



Postage  
Information

## ***One Source - Empowering Caregivers***

***Our mission:*** To improve the quality of life for caregivers by providing free respite, in-home visits, and resource referrals for caregivers who are caring for a loved one at home 24/7.



### **OSEC funding for The Caregiver Advantage Program provided by**

The Mission Endowment Fund,  
Peace Lutheran Church of Grass Valley

### **Give the Gift of Volunteer Time**

When you are the caregiver...nurture yourself and give yourself the gift of 2 to 4 hours of a volunteer service visit from a compassionate Volunteer Care Specialist.

### **You Can Make a Difference**

Leave a Legacy of Hope and include OSEC in your planned giving funds: your personal and lasting gift of hope to the future by helping us continue our mission of caring for caregivers.