

April 2019

# Respite Record

One Source-Empowering Caregivers, 563 Brunswick Rd East, Suite 11, Grass Valley, 95924



## Celebrating April Leadership Team

**Carolyn M Seyler RN MS**  
Executive Director

**Harriet Totten**  
Volunteer Coordinator

## Board of Directors

**Founder-President:**  
*DONNA RAIBLEY*

**Vice President:**  
*DEBORAH ROUSSEAU*

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*SANDY SPURGEON*

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

## Message From The President....

Spring is right around the corner, there are signs everywhere we look! The daffodils and tulips are blooming profusely, trees are budding with color, the grasses are lush and green and the abundance of water falling this year is amazing!

Springtime always reminds me of HOPE! The hope of a fresh start, new life and the change from winter to a lighter, joyful season.

Spring is one of my favorite times of the year, it's a wonderful time to get out and try something new!

If you have not had the opportunity to volunteer for an organization that resonates with you, spring is a great time to get involved and **SPRING INTO ACTION!**

Springing into action to help others who are caregiving for a loved at home is a great way to help as we move from one season to another.

We have a list of informal caregivers who are caring for a loved one at home who could use a lending hand, a listening ear, a compassionate heart.

Those caregivers at home with their loved ones who would love to get away for awhile for some "care free" time to take in a movie with a friend, get a massage, go shopping or just take a walk.

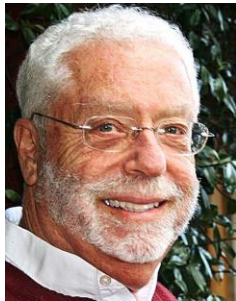
If you are someone who is caring, compassionate, likes to converse and listen, enjoys people, and wants to add significant value to a caregiver's life, well... spring into action!

I must share a little secret with you though... the personal rewards far outweigh the commitment that is given to provide this wonderful service!  
Thanks to all who are cultivating HOPE!  
Happy Spring...Donna Raibley

**Executive Director, Carolyn Seyler  
announces:  
SAVE THE DATES**

**DATE:**

**Thursday, April 18<sup>th</sup>  
Monthly Support Group for  
All Volunteer Care Specialists  
Jeff Kane, Moderator  
Time: 3:00 pm - 4:30 pm**



**DATE:**

**Wednesday, April 24<sup>th</sup>  
Guest Speaker  
Bruce Pardoe  
“Heart Fluency”  
Time: 5:00 pm - 6:30 pm**



**Both sessions will be held  
at the office, Located at:  
563 Brunswick Road  
Suite #11  
Grass Valley, CA 95945**

**Volunteer Voice  
Of**

**Founding Member  
Treasurer, Board of Directors**

**DANIEL WHELAN**



Daniel was born in Marin County and grew up in Corte Madera just a few minutes north of San Francisco. He graduated from the University of Oregon where he studied economics and accounting.

**Why OSEC?** Daniel got involved with OSEC for multiple reasons. He always had an appreciation for the good work charitable organizations did in the community to address the needs of individuals that government would and could not. He realized the great potential that the sector had to improve the lives of people in communities across the world and became further interested in joining a board and growing an organization while performing audits, preparing financial statements, and tax filings for non-profit organizations while working in public accounting. OSEC was the perfect opportunity for him as an aspiring CPA while he was also caring for his own grandparents in their elder years. Caring for their daily needs as they prepared for end of life gave him an appreciation for the caregivers One Source – Empowering Caregivers serves. He is a founding member with the organization and remains inspired by its mission and is committed to the organization’s continued growth.

## MANY THANKS TO GRASS VALLEY LADIES RELIEF SOCIETY



One Source-Empowering Caregivers has received a generous gift grant from the Grass Valley Ladies Relief Society 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. They are having a direct impact on the quality of life for caregivers, those whom we serve in their homes. Thank you all!

## **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 farewell 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, please...530-205-9514 or email**

## ***VOLUNTEER SPOTLIGHT***



### **HARRIET TOTTEN VOLUNTEER COORDINATOR**

Harriet Totten was born in Lynwood, California. She studied theatre and art at Cal State Fullerton. She has been active in local theatre, Friends of the Library, and you may have seen her in Nevada City at JJ Jacksons where she works part-time as their greeting card buyer.

Harriet got involved with One Source –Empowering Caregivers because of a long-standing friendship with Donna Raibley and has been an active force since the organization's inception in 2015, providing support on many levels.

She has helped coordinate community meetings, helped with editing the VCS program, schlepped OSEC tools here and there, has been a spokesperson for the organization on the radio, in-person and at events. Harriet has offered strong, reliable, and compassionate support for Donna Raibley and the organization during the first critical years of growth. As she moved from position to position with the expansion of OSEC she currently holds the title of Volunteer Coordinator. Harriet's interaction with prospective volunteers as well as in-service volunteers is exemplary.

In caring for her own 94 year old mother, she understands the value and importance of the OSEC mission. Harriet is at a crossroads at this point in time, and may need to step back from her position with One Source- Empowering Caregivers. She knows that each person she has had the honor of meeting and serving will fully understand that her presence with her mother is needed now more than ever, and everyday with her mother Ruby is a gift.

Harriet has expressed her gratitude and hopes that "all of the wonderful relationships that have been formed through my service with OSEC will last a lifetime."

"This is not a goodbye, but a see you later!"

## “Caregiver’s Conversation Corner”

### Inspector General Warns Public About Caller ID “Spoofing” of Social Security Fraud Hotline Phone Number.

The Inspector General of Social Security, Gail S. Ennis, is warning citizens about a caller-ID “spoofing” scheme misusing the Social Security Administration (SSA) Office of the Inspector General’s (OIG) Fraud Hotline phone number. The OIG has received recent reports of phone calls displaying the Fraud Hotline number on a caller-ID screen.

**This is a scam;** OIG employees do not place outgoing calls from the Fraud Hotline 800 number. Citizens should not engage with these calls or provide personal information.

If you receive a suspicious call from someone alleging to be from SSA or OIG, you should report that information to the [OIG online](#) or by calling:

**(800) 269-0271**, Monday through Friday  
10am-4pm, Eastern Time.

Source: Social Security Administration

## CALENDAR OF EDUCATION AND TRAINING FOR 2019

**ALL ARE WELCOME TO ATTEND.  
PLEASE RSVP.....SPACE IS LIMITED.**

We are conducting our 7<sup>th</sup> Volunteer Care Specialist Training and Orientation on:

**May , May 3 (not sure about dates????)**

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, THERE’S STILL ROOM LEFT!  
CONTACT CAROLYN @ 530-205-9514**