

February 2019

# Our Respite Report

One Source-Empowering Caregivers • 563 Brunswick Road • Suite #11-Grass Valley



## Celebrating February

### Leadership Team

**Executive Director:**

*CAROLYN SEYLER*

**Volunteer Director:**

*HARRIET TOTTEN*

### Board of Directors

**Founder-President/Board Chair:**

*DONNA RAIBLEY*

**Vice President:**

*DEBORAH ROUSSEAU*

**Secretary:**

*SANDY SPURGEON*

**Treasurer:**

*DANIEL WHELAN*

**Legal Director Advisor:**

*STEPHEN BAKER, Esq*

**Medical Director Advisor:**

*MARK AGNESS, MD*

**Members At Large:**

*Assessment Committee*

Cindy Cooper, RN

Diane Miessler, RN

Maggie Cull, RN

## Message from the Board President

Dear Friends,

When from a promise, to a thought, to an action, a program such as One Source –Empowering Caregivers (OSEC) is created, it is so easy to believe in miracles...

I want to express my gratitude to the countless individuals that I have had the pleasure and privilege to serve with as Executive Director with One Source-Empowering Caregivers. We have been an active force in our community for four years now.

Having been on both sides of the fence with caregiving, it has been such an honor to see a need, fulfill a promise and dream and create this valuable mission together.

You are the most exceptional, loyal, passionate, and self-less individuals. This rewarding opportunity has definitely provided both spiritual and professional growth for me personally and we have created life long relationships that I will always treasure.

What an amazing group of knowledgeable professionals and community supporters you are. You have helped to bring the organization to a fiscally healthy place while providing a very needed and highly valued service to our community caregivers and their families.

In moving forward I will be shifting roles and with this transition, the Board of Directors has selected Carolyn Seyler, RN, MS, who has excellent qualifications, to fill the Executive Director position as of January 7, 2019. We hope you all will continue to support Carolyn moving forward. I have great confidence that Carolyn will continue to lead this thriving organization into the future with many new opportunities and achievements that will exceed expectations! Welcomed by a great team of loyal volunteers, a passionate and engaging Board of Directors, and a community that supports One Source – Empowering Caregivers mission, I feel blessed to know great strides are on the horizon for caregivers with Carolyn's leadership.

My plan is to stay on the Board of Directors as President and continue to serve where needed. Thank you all for your support, and guidance in helping us to bring this wonderful, encompassing, worthy respite relief for caregivers to our community! We could not have done it without YOU!

In Gratitude,

Donna Raibley

One Source-  
Empowering Caregivers  
Office: 530-205-9514  
[www.empoweringcaregivers.org](http://www.empoweringcaregivers.org)

## **The Gift of Volunteer Time**

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

From the Executive Director  
Carolyn M Seyler, RN MS

Another exciting time for me as I transition into the role of Executive Director here at this very unique volunteer organization,  
One Source-Empowering Caregivers.

As I look back over my years as educator, nurse, executive, and caregiver, I find that I have always looked forward to enabling others in their life search for growth and harmony, peace and wellbeing. The legacy of respect and service have been my heart-felt mission in working with those who suffer loss, fear, grief, illness, and sadness.

Now is the time for this organization to take hold of one of the greatest needs that lives with us and all around us; the forgotten caregiver. All about our community, our county, our State, our Nation, as well as globally, caregivers give their lives for those for whom they love and for whom they care. Promises made and tremendous expressions of hope underlie the heart and compassion of caregiving.

FREE volunteer respite visits are what we offer to those providing care at this time. To all ages and with consideration for skills, safety, and support that confront the caregivers, we offer recuperation time, a trusting, reliable person, referral and resources, and a respectful relationship which will honor caregivers' needs. Respite, a time of allowing a caregiver to do for themselves; time to appreciate deeply what they are giving and doing for the loved one.

I particularly ask for the gift of yourself to bring this special time which we call "respite" to those in need. I want to thank the Board of Directors for their vote of confidence in calling me to perform the duties and responsibilities of carrying on this outstanding work of our mission statement:

**TO IMPROVE QUALITY OF LIFE FOR CAREGIVERS  
AND THEIR LOVED ONES, BY PROVIDING NON  
MEDICAL FREE SUPPORT, WHILE THEY CARE FOR  
THEIR LOVED ONES AT HOME.**

**We Get to the Heart of the Matter at Hand**  
Carolyn

## **SIGN UP NOW**

### **2019 Schedule for the next Volunteer Care Specialist Training Program**

**Dates: Saturday, March 23<sup>rd</sup>  
Saturday, March 30<sup>th</sup>**

**Time: 8:30 am - 4:30 pm  
Location: To be announced**

**CALL THE OFFICE  
530-205-9514  
(feel free to leave a message)  
SPACE IS LIMITED**

**The Volunteer Director,  
Harriet Totten,  
extends special thanks to all of  
the instructors who give of their  
time and professional expertise  
to assist in our training  
program.**

**They are:  
Cindy Cooper, RN  
Dylan Hendricks, Esq.  
Havilyn Kern, RN  
Barbara Larsen, MS Ed  
Carolyn Seyler, RN MS  
Jeree Waller, MS**

**(IF YOU ARE INTERESTED IN SERVING  
ON OUR EDUCATION TEAM, PLEASE LET  
US KNOW.)**

## **Volunteer Voices**

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

#### **Anne Green is OSEC's Queen of Hearts**



Anne was born and raised in Milwaukee, WI. At 22 she moved to San Francisco with girlfriends to “fly my wings”. Anne is married with no children, but enjoys her five nieces. Anne is a retired forester and former archaeologist. She worked for the US Forest Service for 30 years. Anne’s current hobbies are genealogy, running, dancing, reading, Sewing, calligraphy and politics.

#### **Why OSEC?**

During my care giving time with my brother, a hospice volunteer came once a week for a few hours to give me some free time. The relief was indescribable. I vowed that when I was emotionally ready I would someday give back caregiving services. It so happened that this new organization, OSEC formed, and when I heard about its first training class, I eagerly signed up. March 2019 marks two years as a Volunteer Care Specialist with OSEC. I was impressed with this organization at its inception and I continue to be. There could not be more caring angels associated with OSEC. I’m so proud to be a part of this community care giving effort.

## **In The Life of A Caregiver**

### **George Grist is OSEC's King of Hearts**



George was born in New Orleans, Louisiana. He was raised as a navy kid and moved all over the East Coast. George said, “As a young person, I was an observer. That’s what a shy person does, watch human behavior to learn how things work. Over time, I developed my own sense of what was important to me. It was the connections I made with people, both the adults and my peer group. Eventually, my self-confidence developed enough so that I could hone my communication skills through trial and error. After working with kids as an intern in outdoor education, I knew that teaching would be part of my destiny, wholeheartedly! I have traveled the world, relying on the kindness of strangers. Foreign languages and foreign cultures are fascinating to me, as well as communicating without a common language”.

#### **Why OSEC?**

Volunteering to take the OSEC training was challenging for me, in fact, a little overwhelming. How do you communicate with someone guided by dementia or perhaps Alzheimer’s disease? This is what inspired me- the unknown! Also, it was an opportunity to support the caregivers, the silent heroes taking care of their loved ones. You set out to visit your caregiver and recipient on your own. And it is all about learning new ways to communicate, and honoring the fact that someone is willing to open their life to you, so that you can help them. We rely on community, and the sense of community- here it is!

One Source  
Empowering Caregivers



563 Brunswick Road, Suite #11  
Grass Valley, CA 95945  
Office: 530-205-9514

Postage  
Information

## **WANTED.... Many Happy Returns**

One Source-Empowering Caregivers Wish  
List.....



I-PADS for Visit Use

Rolling Cart For Media  
Training Use

### **GIVING OPTIONS**

Gifts to OSEC, a Calif. Not for Profit organization, are tax deductible to the extent allowed by law. Consult with your tax professional, as each individual situation may vary.

### **Giving Options**

## **AMAZON SMILE PROGRAM**

Select OSEC as your charity of choice on  
[smile.amazon.com](https://smile.amazon.com).

Then just shop as usual and Amazon will  
automatically give to OSEC *at no extra cost  
to you.*

Bookmark smile.amazon.com for your next  
shopping adventure for One Source-  
Empowering Caregivers.

and

## **Facebook-Network for Good Non-Profit Anonymous Donor Site**