

March 2019

RESPITE RECORD

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



Celebrating March Leadership Team

Carolyn M Seyler RN MS
Executive Director

Harriet Totten
Volunteer Coordinator

Board of Directors

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Vice President:
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Members At Large:
Assessment Committee
Cindy Cooper, RN
Diane Miessler, RN
Maggie Cull

MESSAGE FROM THE PRESIDENT:

Dear Friends,

We are working towards building an organization that will stand strong and be rooted firmly in our community and beyond. We can only do that with the help of others. Thanks to everyone who has given of their time, energy, expertise, and monetarily to make positive changes and elevate others around them. You have all helped to bring OSEC to the place it stands now. **Empowering Caregivers!**

Now, as spring approaches, we have many, new and exciting happenings to share with you.

We are getting ready for our 6th Volunteer Care Specialist Training & Orientation. We hope to add three more trainings this year.

We have a **SAVE the DATE** for our 3rd Annual Heart & Wine Gala ... **October 19, 2019**, in the Ponderosa Hall at the Fairgrounds. More surprises to follow with this. Keep an eye out ...

As we continue to strengthen our mission in building community partnerships, and continue to reach out to those caregivers who feel like all hope is gone and there is no place to turn, we will remain steadfast in the idea that we can expand this service to "Cultivate Hope" for all caregivers who need help in caring for a loved one at home.

Socrates spoke it best, "The Secret of change is to focus your energy not on fighting the old, but on building the new."

Let's all work together to build a new foundation that supports the cornerstone of our long-term care system...
Family Caregivers!

This is a community service, built by and for all communities. We are so grateful and thank you all!

Blessings, Donna Raibley

The Gift of Volunteer Time ...

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

From the Executive Director
Carolyn Seyler, RN, MS

This is just a little summary of what it takes to be a Volunteer Care Specialist and what you'll learn in the OSEC Training Program.

Prospective Volunteer Care Specialists are interviewed and undergo background checks and fingerprinting. A medical clearance and TB screening are also part of process. Upon completing training, the volunteer care specialists (VCSs) are asked to commit to spending four hours a week in a caregiver support situation as agreed upon with the caregiver. The Volunteer Care Specialist training program is intensive and comprehensive, covering a wide range of topics. The program takes place over three consecutive Saturdays. The last day is dedicated to CPR/First Aid Certification if the volunteer is not already certified.

Dr. Jeff Kane, Our Keynote Speaker, (Author of *How to Heal: A Guide for Caregivers*) will present his experiences relating to unconditional presence. "It's not about problems or solutions. It's about feelings. It's about caring for the caregivers."

Cynthia Richey, Guest Presenter, Spiritual Care Counselor, from Hospice of the Foothills, will speak to the area of grief, loss, and bereavement. The program will continue with an overview of some of the most common medical conditions, including Parkinson's, respiratory conditions, cancer, cardiovascular conditions, stroke and other brain injuries, diabetes, and infections. Although our respite volunteer service is non-medical, this information provides a foundation for understanding the overall demands made upon the 24/7 caregivers. Communication/sensitivity skills to cultural and religious differences are discussed as well, including dealing with special circumstances, such as what may make communication a challenge.

OSEC's Volunteer Care Specialists are trained in first aid basics and how to deal with medical emergencies. They also receive CPR training and certification. Please call and sign up to join in our free training.

Volunteer Voice

of

OSEC Board Member, Training Instructor &
Assessment Nurse

Cindy Cooper, RN



Cindy was born on the East Coast. She relocated to California in the early 1990s. She now resides with her son in Grass Valley. Cindy's nursing experience started in oncology and then on to hospice. She served as the director of Sutter North Hospice for several years, then moved into emergency medicine. She now serves and works with homeless people via the ER and case management in a regional hospital. Cindy has said, "All of my work has been wonderful and difficult." Cindy has had personal caregiving experience with her terminally ill daughter and her mother who also died at home with Cindy.

Why OSEC? *I discovered OSEC at a fundraiser yard sale. It was there that I met Donna and learned of her mission. I decided immediately that this was a mission I wanted to be part of. I was asked to assist training volunteers, which I have loved. Teaching is a true passion of mine. I also joined the Board of Directors. My experience with OSEC has been excellent. The volunteers we have trained are stellar! Their quest for knowledge and commitment to the caregivers we serve through OSEC is heartwarming. It is my pleasure to be part of this great nonprofit.*

***MANY THANKS TO
SOROPTIMIST INTERNATIONAL
OF THE SIERRA FOOTHILLS***



OSEC ED Carolyn Seyler, President-Founder Donna Raibley, SISF Cary Bossi

Soroptimist International of the Sierra Foothills (SISF) has been an early and consistent sponsor of One Source-Empowering Caregivers. Once again, on Jan. 17, 2019, the philanthropic group of women presented OSEC with another mini-grant of \$1,000.

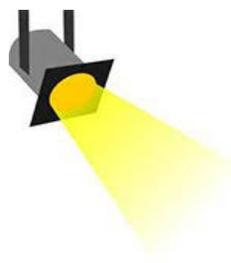
Cary Bossi of SISF presented an elegant certificate and check to OSEC's new Executive Director Carolyn Seyler and Founder-Board President Donna Raibley during a breakfast ceremony at Tofanelli's honoring several outstanding local service organizations.

"As always, we were received with a warm welcome, exuberance and applause for our service," Raibley reported.

"We are so thankful that Soroptimists recognize the value and enormous impact OSEC has on the lives of our local caregivers," Seyler said.

"We could not have done what we have done without your continued support," Raibley told the gathering. "Thank you so much!"

VOLUNTEER SPOTLIGHT



JANET ELLIOTT

Our spotlight focus is on *Janet Elliott*. Janet has been an exemplary volunteer, who literally goes the *extra mile* to provide volunteer service in our community. She recently moved to Washoe Valley, and travels back and forth to provide respite companion care to a caregiver in our community.

Born and raised in Los Angeles, California, Janet met her husband, Buzz, in high school. They married after Janet graduated from UCLA with a BA in Business Economics. Buzz joined the Marine Corps as a pilot and Janet went on to graduate with an MBA from Pepperdine University. They have been married for 47 years, with no children, but love dogs and call Max, their 14-year-old retriever the "love of our life." Buzz and Janet belong to two different flying clubs and love to fly together. Janet's professional career has included being a Trust & Estates Officer for Bank of America, Senior VP of City National Bank, and Chief Financial Officer of Community Partners (a non-profit in L.A. that helps incubate emerging nonprofits).

Janet started with OSEC in late 2017. She jumped right in and helped as the Financial Coordinator for our 1st and 2nd Heart & Wine Galas. She took her first volunteer assignment after training, but things changed for the family only after a few months. She was offered another assignment and graciously accepted with exuberance! As of 2018, Janet has provided **178 volunteer hours**. Thank you!

WHY OSEC? *I spent four fabulous years taking care of my mother. I was lucky and could leave her alone. When I started reading about OSEC, I saw the definite need for caregivers taking care of others 24/7.*

563 Brunswick Rd East, Suite #11
Grass Valley, CA. 95945

Postage
Information



“Caregiver’s Conversation Corner”

- “I don’t know what I would have done if I did not have a volunteer visit to look forward to every week !”
- “I so appreciate the joy and compassion that my volunteer brings to my mom. They have become best friends.”
- “Friends can get together again. I had thought that I had lost them all.”
- “Thank you for your free respite time. I am thinking about maybe helping someone else. What a difference in my life. “



CALENDAR OF EDUCATION AND TRAINING FOR 2019 VOLUNTEER CARE SPECIALISTS. PLEASE RSVP ... SPACE IS LIMITED.

We are conducting our 6th Volunteer Care Specialist Training and Orientation on:

March 23, March 30 and April 6, 2019.

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.**