

WINTER 2020

ONE SOURCE-EMPOWERING CAREGIVERS

524 Brunswick Road Grass Valley CA 95945 (530) 205-9514
www.empoweringcaregivers.org



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WELCOME TO OUR NEW BOARD PRESIDENT Cindy Cooper, RN



Cindy was born on the east coast. She relocated to CA in the early 1990s. She now resides with her son in Grass Valley. Cindy's nursing experience started in oncology then on to hospice. She has served as the director of Sutter North hospice for several years, then moving into emergency medicine. She now serves and works with the homeless, via the ER and case management through her workplace. Cindy has said, "All of my work has been wonderful and difficult."

Cindy has had experience personally with her daughter who was terminally ill and her mother who also died at home with Cindy.

Why OSEC? Cindy discovered OSEC at a fund-raiser yard sale. I decided immediately that this was a mission I wanted to be part of. I was asked to assist with the training of 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 non-profit organization and to serve the board as president.



The Caregiver Advantage-creating a community that fosters the development of self-care

FOR CAREGIVERS

**Starting again for a 2nd series in June 2020
FREE seven classes of education and support**

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 class 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.



WELCOME TO:

JENNIFER SUAREZ

NEW BOARD MEMBER-2020

In 2018, one of my best friends became an in-home caregiver. I witnessed her commitment, love and struggle as she tried to care for her ailing husband by herself. It was my first glimpse into the lives of our often unseen, heroic caregivers. Last year, I attended a volunteer training at One Source and was inspired and hopeful by their community-based, heart centered approach. It is one of the few trainings where I saw a larger purpose for what is possible not only for our much needed caregivers but also for our communities.

I have served on national boards and have built and grown companies. I feel blessed to be a part of the potential and magic of One Source. It brings hope for caregivers who deserve our support. And also can serve as a model for what is possible in a community where we all may be connected and healed for it.

I feel privileged to help build out this vision and encourage you to join us.

**Our goal is to bring
“HOPE to the CAREGIVER”
THROUGH EDUCATION,
RESOURCES, AND VISITING**

**ONE SOURCE- EMPOWERING CAREGIVERS
VOLUNTEER TRAINING STARTS MARCH 21ST,
SATURDAY, FROM 10 AM-3:30 PM**

The Volunteer Care Specialist training program is rewarding, intensive and comprehensive, covering a wide range of topics. You will receive training in a 25 hour program which takes place over several sessions.

While OSEC's Volunteer Respite Care Specialists do not provide medical care—companion care only—they are trained on a wide range of issues that they may encounter during the course of their volunteer companion visits in the home.

The training programs are taught by experts in their field that provide an overview of:

- Caring for the Caregiver
- Listening skills and self-care as a volunteer
- Family systems and communication
- Illness, aging, cognitive loss, and behaviors
- Spirituality, grief, and bereavement
- Volunteer roles and protocols

OSEC requests that people interested in any volunteer position attend all of the training days as the information is relevant to the overall mission of the organization.

Many OSEC volunteers bond with their “caregivers,” often spending more time with them than they have committed to, and care about their charges, and need to talk about their feelings and experiences with others in similar situations. A monthly meeting of support, skills and sharing is offered for all volunteers: whether volunteering in the office, in home, and telephone volunteers.

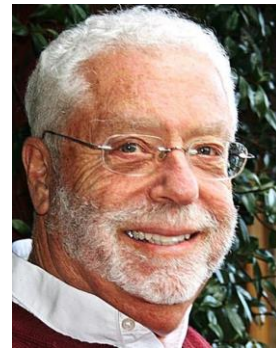
Everyone is welcome.

OSEC is growing, and will be adding programs as funding permits. If you cannot volunteer on a regular basis, there is always other opportunity available to support the outstanding work being done in the community. One Source-Empowering Caregivers is a one of the kind non-profit volunteer organization who reaches out to those home alone and invisible; the forgotten caregivers.

**Executive Director, Carolyn Seyler
announces:**

SAVE THE DATE

**SATURDAY, MARCH 21ST
TRAINING STARTS:
Time: 10:00 am**



Dr. Jeff Kane, Keynote Speaker

**FOR:
Volunteer Care Specialists
Volunteers working with Seniors
Office Volunteers
Telephone Support Volunteers
Fundraising Volunteers
Board members**

Jeff Kane, MD has devoted the past 26 years of his medical practice to simply listening to people. He has a regular column for caregivers in The Union newspaper.

Author of “How To Heal”

This program is supported by a grant from the Soroptimist International of the Sierra Foothills and of Grass Valley

***Other Ways to Participant-DONATE
OSEC understands that not everyone can volunteer time. Your financial support will go a long way.***

One Source
Empowering Caregivers



524 Brunswick Road
Grass Valley, CA 95945

Postage
Information

About "AMAZON SMILE?"

Select OSEC as your nonprofit
charity of choice (EIN #47-2620969)
on www.smile.amazon.com.

Amazon will donate a portion of the purchase
price to us.

Go to the webbrowser on your computer then
just shop as usual through smile.amazon.com
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.

Donation made by AmazonSmile Foundations
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Make a significant difference In someone's life

DID YOU KNOW???

*OVER 12% OF THE POPULATION IN THE US
ARE CAREGIVERS WHO DEDICATE
THEMSELVES TO PROVIDING IN-HOME CARE
TO LOVED ONES.

*AT LEAST 20% OF ADULT CHILDREN ARE
TAKING CARE OF AN OLDER PARENT.

*MOREOVER, ABOUT 85% OF FAMILY
CAREGIVERS IN THE US DO NOT RECEIVE
ANY RESPITE CARE. *(aginginplace.org)

YOU CAN HELP

IT IS NO WONDER THAT CAREGIVERS ARE
ESPECIALLY SUSCEPTIBLE TO DEPRESSION
AND BURN OUT.

YOUR COMMUNITY NEEDS YOU
CALL TODAY 530-205-9514