

Winter 2020



## One Source — Empowering Caregivers

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### Newsletter

One Source — Empowering Caregivers

Winter 2020 is here and we all want good news.

**This issue celebrates us all,  
caregivers, their families and our team!**

#### IN THIS ISSUE

##### News from Our Executive Director

Carolyn Seyler happily shares OSEC's successes safely and with love!

##### Board President Cindy Cooper creating hope for the homeless.

##### Ann Rutter, Board Member par excellence!

##### Volunteers! We love 'em!



#### NEWS from Executive Director Carolyn Seyler

Here I am with board member Ann Rutter (on my left) at our very successful Spaghetti Feed hosted in partnership with Helping Hands Adult Day Center under the direction of Colleen Bond, Executive Director. The feed was held at the wonderful SDA Church in Penn Valley.

Many of our clients and their families and our volunteers drove through to pick up yummy dinners and support our cause! Close to \$600 was made, along with new friendships and a lot of fun.

Our mission continues to support our in-home caregivers through the ongoing commitment of



our volunteers. We continue our outreach during these times with the commitment and love. Safe visits are still happening, conversations and resources shared, and errands being run!

Fundraising remains an important need! As a small non-profit, no matter how worthy and important our work, grants are difficult to come by. This means we rely heavily on our friendships and the gifts we receive to keep us going. *Your help is needed!* We are grateful for any donations, small or large! Our address is above and thank you for your gift!

**During the holidays, please call to make an appointment!**

### Cindy Cooper, R.N. Extra Do-Gooder

By Katherine Doolittle



Donna Raibley (on left) chatting with Cindy Cooper at a Gratitude Dinner at Donna's home a few years ago.

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*"I will never forget Cindy dressing up in full surgical gear and walking out to begin an OSEC training. Uproarious!"*

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K Doolittle

Longtime OSEC volunteer, board member, R.N., and trainer Cindy Cooper ("Coop" to those who love her) is a mighty little package. I met her 7 or 8 years ago when she walked into a coffee shop where I was sipping, and BAM! Instant friendship. Her wonderful energy was hard to avoid. I think we sat and talked that first time for almost two hours. I was blown away by her kindness, commitment to others, incredible work ethic, her deep wisdom and love.

A couple years later, Cindy met Donna Raibley, founder of One Source — Empowering Caregivers, at a yard sale supporting OSEC. She was immediately impressed with Donna and the heart of the OSEC team working the yard sale as well as the mission of the program. When Donna learned about Cindy's background in nursing and as a caregiver, it was a perfect fit for all.

Cindy has been on the board of directors for the past five years and served as president

for the past year. She has been integral to the development of the overall OSEC program, the assessment process and meetings with new families, and she especially loved training the volunteers. She has consistently been a joyful inspiration to her board colleagues, staff and to the lucky volunteers who watched her delightfully funny training sessions. Learning and laughs were always abundant with her!

Cindy shares "I have enjoyed watching the program grow and being hands-on with the families we served, as I was very involved as well with assessment and creating the caregiver needs toolbox. I loved being a part of the ground-floor development.

"Happily, I developed a new program, which I am now running as clinic supervisor for the homeless in the Yuba and Sutter Counties through Adventist Health and Rideout Hospital. I serve more than 700 homeless people with part-time assistance and my responsibilities are vast, ur-

gent and constant. Sadly, because of the time requirements it takes for me to run this program, it is with great heartache that I must resign my position on the board.

"I know I leave OSEC in capable and loving hands with the current leadership and board. My fellow board colleagues, Sandy Spurgeon, Daniel Whelan, Diane Miessler, R.N., Stephen C Baker, J.D., Ann Rutter and Pearce Terry Boyer contribute greatly to the success of OSEC. It has been an absolute pleasure to work with such a professional, kind, organized and driven soul as our Executive Director, Carolyn Seyler. We made a great team.

"Everywhere I look at OSEC, there are bighearted heroes."

Cindy. You are one of the biggest heroes!!

We will miss you and send you our very best wishes for success in your new worthwhile program.

### Ann Rutter, On the Go for OSEC



Ann Rutter

Ann Rutter was welcomed as a Board Member this past year to OSEC. Ann moved to Grass Valley in 1979 and started working at the Visiting Nurse Association while becoming a certified nursing assistant. She continued there until 1991. At that time Ann started her own home care business "Ann Rutter's

Home Care" and also served as an independent contractor with long term care insurance companies. She experienced many different areas in homecare including care after hip replacements, stroke, cancer and organ transplant patients. She was devoted to her patients and loved working with each one. Ann

joined OSEC in its beginnings and was delighted to be part of the organization's mission. Ann states that "it is a wonderful feeling to give what I have to help make this gift to caregivers." Ann happily contributes her experience and love to caregivers who are at home alone. We are lucky to have you!



## Our Volunteers. Critical to our Success

By Katherine Doolittle

I just love writing about people I adore. And I have come to adore every one of the OSEC volunteers I have met. Giving, warm, and loving. Each one has been committed to the families they have served.

And during these Covid times, the love has continued with safety first. Executive Director Carolyn Seyler tabulated our numbers and in 2020, even with COVID 19, close to 1,480 volunteer hours were contributed to our families via combined visits, virtual, telephone and written communications.

While each volunteer is worthy of a Grammy or an Oscar, Carolyn and I would like to highlight a couple of volunteers that have truly stood out this year, going above and beyond.

I met Elizabeth Rawson as we were developing the first OSEC training in 2016. She was ON IT! Excited, knowledgeable and ready to share her in-depth know-how about the inside emotions and needs of caregivers. Elizabeth created her own program "The Caregiver Advantage" an inspiring series for caregivers that provides critically important outlets and understanding for those

*"As a caregiver, the time of balancing work, family, your own health and the care of your loved one can be multifaceted, often calling on personal skills you take for granted; perhaps you have never considered 'creative' as part of just how you DO manage each day. Creativity is part of how each of us functions with the ability to adapt, to solve problems with new solutions and carry us all through both exciting and difficult times."*

Elizabeth Rawson, M.A.

working tirelessly to care for their loved one. OSEC has been lucky enough to host these classes with Elizabeth at the helm. Her wisdom and goodwill, direction and empathy are quickly devoured by her attendees. (If you are interested in attending future courses, just call OSEC!) Rawson also wrote "Who Cares?" A Companion Guidebook for the Family Caregiver's Journey. She recently donated via OSEC dozens of her book to local churches and caregivers.

But more than that, Elizabeth has provided **360 hours** of hands-on volunteer work this year to help keep our office going. ER: We adore you!

Martha Kirishian is another super hero. She was my physical therapist until she retired and I have been lost without her. I think I recruited her one day in her office to come to OSEC and after a bit, she joined and we all could not be happier. She is a natural with each family she has served. Her innate compassion, patience (to which I can attest) and genuine caring float right up to all who meet her. She stepped up big time this year and took on even more families to contact and reach out and connect, making sure each family caregiver knew they mattered and that someone was there to help and listen. I know our families adore her (as do we) and they know they have someone they can count on as an advocate and a friend. Martha has given more than 280 hours of love to our mission this year.

As most of you now know, I suffered an indignant and embarrassing fall on the pickleball court while playing doubles with hubby the end of August. Unfortunately, I broke my shoulder and had a partial shoulder replacement. My recovery has gone way too slow and will take many more months.

While I am helping out with this newsletter, it



OSEC Volunteers Elizabeth Rawson, M.A., (Inset above and training a class) and below, Martha Kirishian, MPT, and Harriet Totten, beloved but not forgotten first OSEC volunteer coordinator.

my time to retire has come as I focus my energies on healing. I will miss you all! KDOO

**Happy Holidays** and a  
**Wonderful Healthy**  
**New Year to all!**

