

one source Empowering Caregivers

NEWSLETTER APRIL 2021



An introduction to Full Circle of Living and Dying

Akhila Murphy, Co-Founder

Full Circle of Living and Dying (FCLD) was founded in 2013 by a collective of three women who happened to meet during a five-day training seminar in Sonoma County. The training was an introduction to Home Funerals. The three women were so inspired by the fascinating options in after-death care in the home, they agreed to work together. The goal was to educate our county about options in death care through conversation and educational events.

Fast forward five years to fall of 2018. After months of focused research, FCLD completed the work to become a 501(C)(3) nonprofit. Today FCLD is an educational nonprofit organization comprised of 18 trained and experienced end-of-life doulas and death workers. We are committed to normalizing conversations about death by breaking the silence surrounding the culturally “taboo” subject of death and dying.

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Akhila Murphy and Carolyn Seyler

MESSAGE FROM

Carolyn Seyler

Executive Director

During these uncertain times we have held steadfastly to our mission of bringing HOPE to CAREGIVERS in our community. This year-long pandemic has challenged us in many ways, but specifically it has led us to the realization of what “ISOLATION” feels like, day-to-day. One day some of us will be called to be caregivers; feelings of mixed emotions, lack of ability, and struggles in fulfilling promises made.

Each of us know well that due to the need for compliance with the pandemic restrictions and COVID guidelines we have had to cancel life in certain areas. For One Source-Empowering Caregivers this meant cancelling some of our programs, activities, and fundraisers. In prior years, our Annual Major Fundraiser has raised \$5000-\$7000. This message is an appeal and request to ask each of you personally to support our caregivers in their homes. Now is critical. We must strengthen our commitment to the in-home caregiver and their loved ones. Your individual donation will make a difference, right now. Your donation will be truly a gift for “empowering caregivers.”

We are counting on you. Please make out a check to One Source-Empowering Caregivers in any amount; whatever your budget will allow. Mail to: One Source-Empowering Caregivers at P.O. Box 311, Cedar Ridge, CA, 95924. We do hope that you will give generously. Visit www.empoweringcaregivers.org and click on the donation tab.

More than ever we need to give caregivers a voice. Thank you.

empoweringcaregivers.org

◀ Doulas... continued

End-of-life doulas and death workers provide non-medical holistic support and guidance to individuals and families facing a life-threatening illness or terminal diagnosis. We help co-create an end-of-life plan of care and empower people to explore basic traditions of family-led after-death care. We offer community based and individual education in the form of events, virtual Death Conversations and meetings, bereavement guidance, and support for the dying and their loved ones. We collaborate with community organizations such as Hospice of the Foothills, and most recently with One Source Empowering Caregivers. We are excited to be partnering with OSEC in the office at 524 Brunswick Road in Grass Valley.

We are proud to be living a unique county of open-minded thinkers who are curious, searching to be well informed, and are good stewards for the land around us. We are thankful for the community contributions we have received over the years. It is an honor for us to be called upon to serve you and be beside you during the sacred time at end-of-life.

Akhila Murphy is EOL Doula and Co-Founder of FCLD. Visit www.fullcirclelivingdyingcollective.com or call (530)270-9839 / (916)397-5443



FCLD PROJECTS INCLUDE:

- **Advocating for our community to bring Natural Green Burial to Nevada County,**
- **Specific support for those with a terminal diagnosis who are considering using California's End-of-Life Option Act**
- **Guidance for family-led home funerals**
- **Community Educational Series including films, guest speakers, hands-on training, demonstrations, and death conversations**
- **Companions for pregnancy and infant loss.**



524 Brunswick Road, Grass Valley, CA 94945

Pearce Terry Boyer

New Board Member-2021

Pearce Terry Boyer was born in Ohio, raised in Connecticut, moved to California for high school and graduated in 1968 from Cornell University/Ithaca, New York, with Bachelor of Science Degree in Economics. He moved to Nevada County in 1979. He and his wife, Mary Ann, have three children and live in the home they built in Alta Sierra. He recently retired from Interim Health Care where he successfully managed this new company when it opened in the Grass Valley area in 2008.

Pearce (who goes by Terry) was an original Board Member at OSEC's inception, working with the Founder, Donna Raibley in 2015. Drawing on his business and caregiver experience, Terry assisted with launching the nonprofit organization. Terry states that he is honored to be a board member again. He sees enormous potential for the OSEC model to expand; respite for the primary caregivers is at a critical crossroads here locally and beyond.

Terry is an active respite care specialist, visiting regularly with his in-home caregivers as assigned.

Looking beyond COVID and the present service limitations, Terry states that he hopes "perhaps OSEC can rise to the challenge with a franchise or business model made available to other communities." Working alongside the Executive Director, Volunteers, Board Members, and InHome Caregivers, he looks forward to the next Volunteer Respite Caregiver Training Class, coming as soon as possible.



National Volunteer Appreciation Week - April 18th-24th

This is the perfect time to say a big "Shout Out" to all of our volunteers whose dedication goes beyond words and penetrates the heart. Our in-home family caregivers have benefited from volunteer visits for over 5 years. With passion and commitment, each and every one of you have supported bringing HOPE TO CAREGIVERS IN THEIR HOME. Volunteers have quietly and faithfully given over 8000 hours of service since 2016. Notes of thanks, appreciation, and life-changing communication have been shared by caregivers to the office and Board Members of One Source-Empowering Caregivers. Let us take this time to publicly acknowledge the ongoing commitment that they demonstrate, uniquely dedicated to In-Home Family Caregivers of Nevada County.



"If our greatest misery is sickness, its greatest misery is solitude. Fear of contagion daunts the helpers I need, and even the physician hesitates to visit. As a result, I lie here alone, isolated, a torture that hell itself does not threaten... A long sickness will weary the best of friends, but an epidemic wards them off from the outset. To patients like me, it seems a kind of prison sentence, separating us from both companionship and charity."

You might think these stirring words were penned recently by a Covid-19 victim. In fact, the great poet John Donne wrote them during the Great Plague of the 17th century. Donne did not have the dreaded disease that felled a third of his fellow countrymen in London. But his insights at the time seem, well, timely.



**"REMEMBER ME"
WORKSHOPS
CREATIVE SOLUTIONS &
PRACTICAL TECHNIQUES FOR
DEMENTIA CAREGIVERS
FREE WORKSHOP SERIES ON ZOOM**

Wednesdays 10:00 a.m. to noon

- March 17: Understanding dementia
- March 24: Challenges of aging
- March 31: Communication techniques
- April 7: Creative solutions and practice

To register for this series of four classes
call (530) 648-0592 or register online at
[www.supportsierranevada/
caregiverempowerment](http://www.supportsierranevada/caregiverempowerment)

Respite funds are available to care for
your loved one during classes.
Technical assistance with Zoom is available.

The Alzheimer's Outreach Program (AOP) is a joint program of
Sierra Nevada Memorial Hospital and
Sierra Nevada Memorial Hospital Foundation

An easy way to donate!
Select One Source-Empowering Caregivers
as your nonprofit charity of choice
on www.smile.amazon.com
Amazon will donate a portion of the purchase price
to us. Go to the web browser on your computer then
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