

one source Empowering Caregivers

NEWSLETTER WINTER 2022



MESSAGE FROM

Carolyn Seyler

Executive Director



“Loving Generosity” is a double wonder of our ability to give and in return receive. Volunteers attempt to provide twice the love and twice the giving by impacting the lives of in-home caregivers through respite time, community resources, and support groups while receiving in return, a sense of fulfillment and the gift of powerfully contributing to caregiver’s lives. Volunteers end up the richer for their loving generosity. Showing loving generosity is one of the most powerful ways of giving to the community’s health and hope to caregivers. Our mission is bringing HOPE to CAREGIVERS through dedicated service, education, and referral to resources.

Thank you for opening your heart to our community caregivers. You may never think about being a caregiver. You may never feel that the circumstances of caregivers will be part of your life. Last year in the midst of the COVID restrictions, we supported 40 caregivers; your neighbors, your friends, and possibly your families. If you cannot serve as a volunteer, please consider offering a financial gift. As we begin this New Year, it is important, right now, to share your loving generosity and donate to bring HOPE to CAREGIVERS. We can’t continue without a strong and reliable financial base. Share in the double wonder of giving through loving generosity and create the double wonder of giving and receiving.

DONATE NOW...

Free

Valentine’s Day for Family Caregivers: Giving to those who give the most

by Gary Barg, Editor-in-Chief,
Today’s Caregiver Magazine
<https://caregiver.com>

Nobody in your life is as full of, as deserving of love as a family caregiver. The problem is that we caregivers tend to take ourselves out of the ever important Circle of Care while always making sure our loved ones for whom we care have everything they need.

Caregivers spend time:

- Making sure that our loved ones get the respite they need, but never giving ourselves a break
- Making sure that our loved ones have all the medical attention they need, but forgoing our own basic checkups
- Making sure our loved ones get the nutrition that they need, but grabbing bites after ordering through a clown’s mouth in a drive-through window whenever we can.

So what better day to show how much you care to the folks who care so very much?

Earth Day in the Foothills

Sponsored by Sierra Pines UMC

Saturday, April 23, 2022 • 10 am - 3 pm

Sierra Pines UMC

22559 W. Hacienda Drive in Grass Valley

www.sierrapinesumc.org/earth-day

(530)268-6907

sierrapinesumc@gmail.com

A zero waste event featuring:

Live Music – Local Artists – Vendors – Walking labyrinth

Nature photography classes – Earth-friendly activities for kids!

*Join us for this inaugural event to honor, celebrate
and share this planet that we all call home!*

OSEC Community Partner Spotlight



Amidst skyrocketing housing costs in Nevada County and throughout our region, it may sound unbelievable that empty affordable housing could somehow be hiding in plain sight all around us. Yet it's estimated that Nevada County has at least 19,000 unoccupied bedrooms in its owner-occupied homes alone, not counting those in rented homes!

But for many of us, unlocking the social and economic value of these spare rooms has seemed too unsafe, risky, and chaotic and a hassle for many... Until now.

Launched last June, non-profit HomeShare American River (homeshareamericanriver.org) invites homeowners and renters to rent out rooms to lodgers far more safely, easily, and valuably than by just taking their chances on a "room for rent" ad.

The program provides soup-to-nuts support for potential "Hosts" and "Guests": screening, interviewing, advising, "matchmaking," trial-matching, and customizing agreements (e.g; exchanges of rent for household services). But perhaps most importantly, the service also commits to regular, proactive check-ins and troubleshooting as needed.

HSAR can operate 100% free to clients because of its generous funding from the Agency on Aging / Area 4, and yet the program is open to people of all ages, incomes, and abilities. While HomeShare American River is being proudly "incubated" by interfaith non-profit Placer People of Faith Together, Executive Director Justin Ellerby is especially excited as a Grass Valley boy to be extending the service to Nevada County.



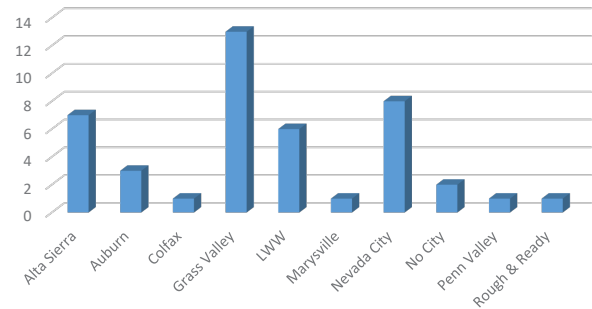
Executive Director
Justin Ellerby

While a new concept to many, HSAR joins a highly-collaborative community of 48 fellow programs across the US (and 17 in California!) sharing membership with the 41 year-old National Shared Housing Resource Center.

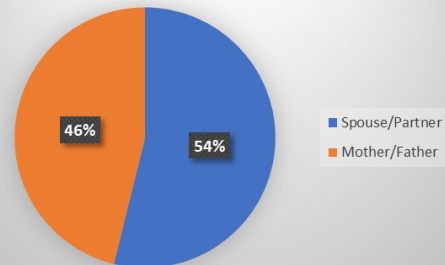
To find out more about how HomeShare American River is advancing economic, social, and environmental benefits throughout our communities, visit homeshareamericanriver.org, then call (916) 360-0074.

2021 CAREGIVER SERVICES RESULTS Total Volunteer Hours of Service: 1550

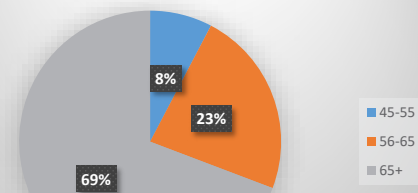
Caregivers by City



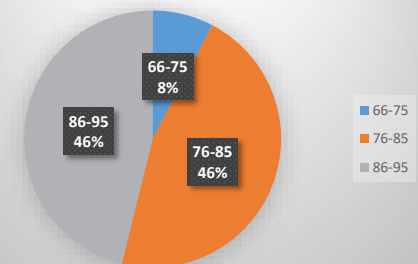
Relation to Care Recipient



Caregiver Age Range



Care Recipient Age Range



WITH LOVING GRATITUDE FOR YOUR GENEROSITY IN GIVING:
YOU HAVE SAVED LIVES

THANK YOU from the Caregivers whom we serve

ONE SOURCE-EMPOWERING CAREGIVERS
2021 FINANCIAL SPONSORS AND DONORS

Heart of Gold Partner Gift of \$5000+

FREED/ADRC of Nevada County
CA-Nevada County COVID Relief Fund

Loving Heart Partner Gift of \$2000+

Julia R. Amaral and Mark Strate
Hilary and Jan Hedman
One Anonymous Donor

Compassionate Heart Partner Gift of \$1000+

Peace Lutheran Endowment Funds
Grass Valley Ladies Relief Society
BriarPatch Co-Operative Community Fund
Network for Good-Anonymous Donors

Caring Heart Partner Gift of \$500+

Greg Fowler-B & C Ace Hardware/GV
Diane Miessler
Diane Miessler-Purdon's Crossing Music Group
Joan Girdler-Good
Marcie Reedy
Peter Boyer
Sierra Foothills Village Members
William Cortright
Cat Raymond-Country Copy Print Shop GV
Elizabeth Rawson-The Caregiver Advantage

Sweet Heart Partner Gift of \$100 +

Beth Kinsey
Beth Pearce
Betty Readle
Carol Nimick
Dave and Janet Bunje
Dr Brad & Margie Miller
Erin Robbins
James Olsen
Janet Elliott
Jay Egan
Jim & Katherine Doolittle
John Craig
Colleen Bond-Helping Hands Adult Resource Center
Gary & Judy Steffens
Kathryn Barratt
Lisa Lethin
Lynn Xavier
Marian Weast
Lance & Sandy Spurgeon
Lance Painting Services
Patricia M Forman
Nory Fussell-The Earbuds Music Group

Sweet Heart Partner Gift of \$100 +

Pearce Terry Boyer
Rafael Diaz, Ph.D
Robert Ewing
Robert Reimer
Robin Van Metre
Russ and Virginia McDrew
Bruce & Carolyn Seyler-McCombs
St. Canice Ladies Guild
Dan Wheat-A to Z Supplies

Angel Heart Partner Gift up to \$100

Hindi Greenberg
Ann Rutter
Barbara Jensen
Barbara Nix
Charlotte Bolinger
Elaina Breen
Harriet Totten
Heather MacAdam
Helen Dempsey
Joyce Johnson
Paul Platner
Janet deProsse
Maria Pleadwell
Kara Asilanis
Karle deProsse
Linda Randall
Maggie Cull
Martha Turner
Melodie Foote
Pamela Healy
Sandy Irber
Daniel Whelan
Stephen Greenberg
Stephen C Baker
Vivian Tipton
William Hendricks
Terry Buck
Anastacia Knight-SNMH Foundation
Amazon Smile- Anonymous Donors
Hospice of the Foothills
Pawnies Home Care Services
Sandy Irber
Pamela & Kane Healy
Summer Moe
Stephen Coolidge
Kristen Bardwell

ESSENTIAL TOOLS FOR CAREGIVERS OF THOSE WITH DEMENTIA

Free workshop series on ZOOM, Wednesdays 10:00 am to Noon

FEBRUARY 23: Caring for the Caregiver with Judy Kautz, LCSW, AOP Coordinator

Caregiving is full of daily challenges. Meet others who understand what you are experiencing, and learn why self-care is the key to successfully caring for your loved one.

MARCH 2: Community Resources and Elder Care Options with Judy Kautz

Nevada County has a wealth of local programs that are here to help. Connect to this network of support so that you will have the information and assistance you need, every step of the way. Learn about different types of care in the home and in facilities, how to access information about options and costs and plan for what's right for your family.

MARCH 9: Financial/Legal Planning with Heather Thorpe, AAMS and Dylan Hendricks, J.D.

Local experts share how to plan step-by-step and break down what's involved so you can tackle these challenging topics with knowledge, confidence, and calm.

MARCH 16: Advance Care Planning with Judy Kautz

ADHC, POA, POLST what a confusing alphabet soup of documents! Judy will walk you through them and explain the "what, why, how, when".

MARCH 30: Ambiguous Loss: Where Absence and Presence Reside at the Same Table with Barbara Larsen, M.A. Ed.

We will explore the many levels of losing a loved one with Alzheimer's disease; and, through a series of experiential activities, begin to take positive steps for increasing tolerance of the unknown.

APRIL 6: Nutrition presented by Kelley Kull, RDN, CSO, CDE

Learn how to use mealtime to your advantage! Kelley offers expert insight into what our bodies need as we age and how we can use nutrition to help care for our loved ones.

Please register for the series at www.supportsierranevada.org/aopevents

A Zoom link will be sent to attendees via email a day or two before the first day of the series. Contact Linda Aeschliman at (530) 648-0592 or linda.aeschliman@dignityhealth.org for questions or if care is needed for your loved one during the workshops.

Cedar Ridge, CA 95924

P.O. Box 311

empowering caregivers™
one source

