

# one source Empowering Caregivers

NEWSLETTER WINTER 2023



## Valentines Soiree

**CELEBRATING MEMORIES THROUGH MUSIC**

Special performance by **MIDTOWN STOMP**  
"Music in Caregiving" presented by Judy Kautz,  
Sierra Nevada Home Care and Hospital Foundation

**SUNDAY, FEBRUARY 12, 2023**

2:00 - 5:00 pm  
Gold Miner's Inn  
Grass Valley, California

**PLEASE JOIN US FOR THIS SPECIAL EVENT!**

For more information call or text 916.883.2273

[empoweringcaregivers.org](http://empoweringcaregivers.org)

## Family Is At The Heart Of It All

by Amna Haslam

I have been a caregiver all my life. My parents immigrated to the United States from Egypt in the 1970s. At an early age, both of my parents began to experience major health problems. Without any family here in the United States to support me, I have cared for both of my parents. Being a caregiver as many of you are familiar with has its ups and downs.

At the heart of it all, my family is the most important thing in my life. I consider it an honor to have been able to take care of my parents. My dad passed away in 2009 and years later, together with my husband, Alex, we still care for my mom. I am incredibly blessed to have a partner who is supportive and cares for my mom like a son. Alex is also incredibly supportive of my love to learn. I am in my first quarter of the Master of Business Administration (MBA) program at the University of California, Davis. I grew up an Aggie with my dad studying preventive and veterinary medicine at UC Davis in the 1980s and I followed with my love of science and public health completing my undergraduate at UC Davis.

Together, Alex and I started a business at the beginning of this year. Our business, Empowu, all started when my mom developed several health problems that severely limited her mobility and ability to use a smartphone. At the same time, my mom was reluctant to let us know when she needed something to avoid feeling like she was interrupting or bothering us. Alex and I searched for a solution to address my mom's needs and couldn't find something that worked for our family. And thus, what we now call Empowu Connect was born, our first product. Empowu Connect is a wearable button that when pressed sends a sms text message to the caregiver, intended for non-emergency situations. When holding down the button, a phone call is made to the caregiver. In short, it's a communication device to help caregivers and those they care for to communicate with ease.

We need your help! We are competing in a student business competition called the UC Davis Big Bang Business competition. We are hoping this competition will provide the seed funding we need to bring our product to market at an accessible price. To do this we need to perform interviews asking you about your experience as caregivers, the challenges you face and how you address them today. Alex and I will have a vendor table at the Valentine's Day Soiree on February 12, 2023 and would love to see you there and for you to share your story with us!

Feel free to get in touch with us at [executives@empowu.com](mailto:executives@empowu.com) if you are unable to attend or have any questions.



*Amna and Alex*

# One Source-Empowering Caregivers

## Donors & Sponsors for the Year of 2022

We have survived the COVID pandemic; we have recruited new talent;  
we have initiated new community partnerships;  
we have grown stronger and more significant; and we have served more caregivers  
**ALL DUE TO YOUR SUPPORT AND COMMITMENT  
TO IN-HOME CAREGIVERS**

# *Thank You*

### Heart of Gold \$5000+

NC Aging and Disability Resource Connection (ADRC) administered by NC FREED

### Loving Heart Partner \$2500+

Julia Amaral & Mark Strate

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Anonymous

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Martha & Jeffrey Kirishian Amazon Smile (program is discontinued) Maureen Trendway

### Special Sponsorships 2022

Kai Partners In Business & Technology #211 Connecting Point

Country Copy Grass Valley

As a thank you to all  
of the valued  
friends of OSEC  
have a ticket on us!

RSVP required.

One Source- Empowering Caregivers

# VALENTINES SOIREE

Fundraiser Event- Celebrating Memories through music

2/12	Gold Miners Inn	2:00pm
2023	121 Bank Street Grass Valley	\$60.00

For more information call 530-205-9514



www.EmpoweringCaregivers.org

ONE SOURCE  
Empowering Caregivers



ADMIT ONE

# VALENTINES SOIREE

CELEBRATING MEMORIES THROUGH MUSIC

Keynote Speaker: Judy Kautz, LCSW Alzheimer's Outreach Program Coordinator

**Dancing and Door Prizes!**  
**Swing dance performance**  
**from the Midtown Stompers!**

Mention this Newsletter for %25 off ticket prices

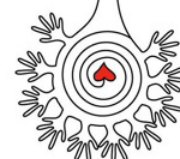


**Tickets available at the door**  
**Single ticket: \$60**  
**Couples ticket: \$100**  
**Table of 6: \$250**

Cedar Ridge, CA 95924

P.O. Box 311

one source  
empowering caregivers™



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