

# one source Empowering Caregivers

NEWSLETTER SPRING 2023



## The Journey of Caregiving

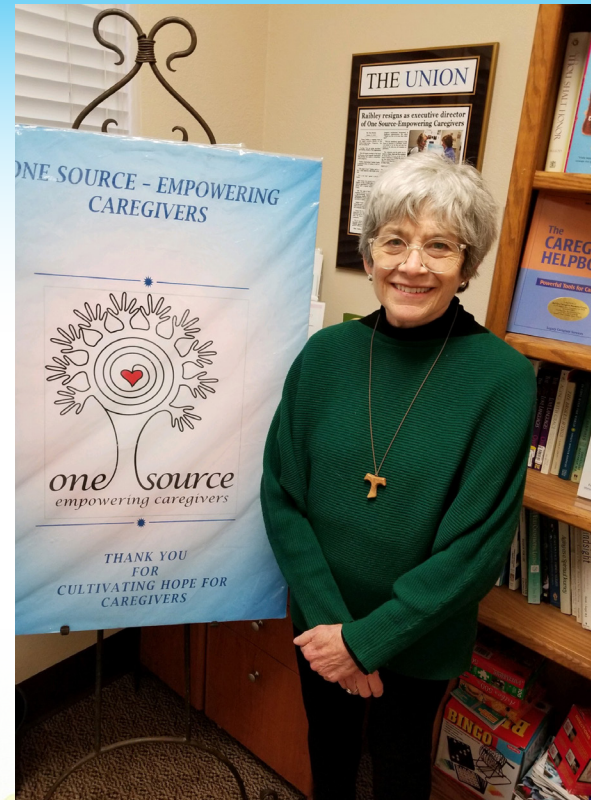
**Instructor: Eliza Renwick, RN**

THE JOURNEY OF CAREGIVING classes are offered to those caregivers wanting to learn the skills and techniques for safe, in-home care.

Eliza Renwick, RN has 50 plus years experience in nursing including 20 of years in hospice care.

Class size will be limited and will involve meeting once a week for 4 weeks in a private home setting. Presentations will be realistic and practical. It is a priority to teach caregivers how to give safe care and how to be safe.

CLASSES START ON TUESDAY, APRIL 18TH and are FREE to in-home caregivers. More than 80% of in-home care is given by family and loved ones. Protect yourself from injury, and be safe and comfortable in your loving service to another.



FOR MORE INFORMATION contact Eliza at (530) 210-0730  
or [ed@empoweringcaregivers.org](mailto:ed@empoweringcaregivers.org).  
You may also visit [www.empoweringcaregivers.org](http://www.empoweringcaregivers.org).



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



# ONE SOURCE- EMPOWERING CAREGIVERS

## GRATITUDE AND THANKS



## PRESENTERS AND PERFORMERS



Alzheimer's Outreach Program  
Judy Kautz- presenter  
Linda Aeschliman- SNMHF



FOREVER YOUNG  
SENIOR CHORUS

VOLUNTEERS: MARIA, RAPHAEL, MICHAEL, BRUCE, JESSICA AND LUNA

## VALENTINES SOIREE PARTNERS



LOOK FOR THE NEWLEY PUBLISHED BOOK "BLACKBIRD" BY CAROLE CARSON

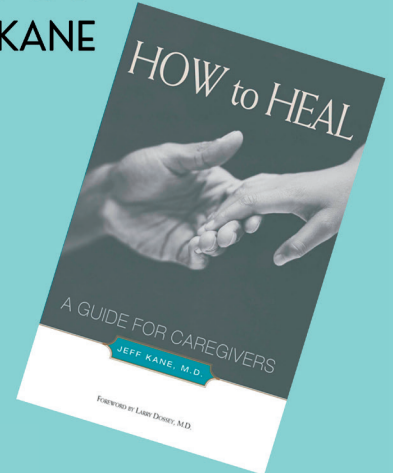
[WWW.EMPOWERINGCAREGIVERS.ORG](http://WWW.EMPOWERINGCAREGIVERS.ORG)

# VOLUNTEER SUPPORT GROUP

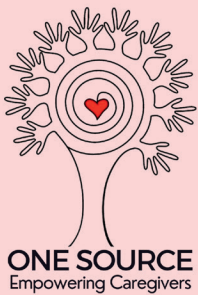
FOR:

- Volunteer Care Specialists
- Volunteers working with Seniors
- Office Volunteers
- Telephone Support Volunteers
- Fundraising Volunteers
- Board members

WITH DR. JEFF KANE



Last Tuesday of each month, 1:30 -3:00 pm  
at the OSEC office  
524 Brunswick Road, Grass Valley, CA



Jeff Kane, MD author of "How To Heal" has devoted the past 30 years of his medical practice to simply listening to people. He has a regular column for caregivers in The Union newspaper.

**Protect yourself as a caregiver...  
Take care of your own health needs, first.**

## ***Peace of Mind or Early Detection***

**Get Screened for Stroke and Cardiovascular Disease Risk  
It's simple and painless.**

**80% of strokes and heart disease can be prevented.**

— American Heart Association



**Call today for  
SPECIAL PRICING  
(844) 558-0996**



524 Brunswick Road, Grass Valley, CA 94945



# Caregiver Support TRAINING for VOLUNTEERS

Begins Saturday, April 15, 2023 10 am - 4:30 pm

Classes held every third Saturday of the month

Are you a new volunteer who wants to learn how to help caregivers in the home understand their options for respite support, or a current volunteer who would like to refresh their knowledge? Then you're invited to our Volunteer Training. Let's help each other redefine the caregiver needs and opportunities for support. This is an opportunity for everyone, so please join our One Source-Empowering Caregivers Volunteer Training

**Registration is required**

Call (530) 205-9514 (leave message). Email us at [ED@EmpoweringCaregivers.org](mailto:ED@EmpoweringCaregivers.org)

Mail this form to One Source-Empowering Caregivers

524 Brunswick Road, Grass Valley, CA 95945

NAME: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

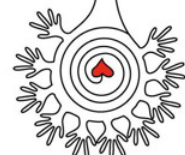
Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Cedar Ridge, CA 95924

P.O. Box 311

one source  
empowering caregivers™



PRST STD  
US POSTAGE  
PAID  
PERMIT 128  
AUBURN, CA