

DECEMBER 2018

# Our Respite Report

One Source-Empowering Caregivers-563 Brunswick Road, Suite 11-Grass Valley



## Board of Directors Leadership Team

**Founder-President/Board Chair:**  
*DONNA RAIBLEY*

**Vice President:**  
*DEBORAH ROUSSEAU*

**Secretary:**  
*SANDY SPURGEON*

**Treasurer:**  
*DANIEL WHELAN*

**Legal Director Advisor:**  
*STEPHEN BAKER, Esq*

**Medical Director Advisor:**  
*MARK AGNESS, MD*

### Members At Large:

Assessment Committee  
Cindy Cooper, RN  
Diane Miessler, RN

Volunteer Director:  
Harriet Totten

One Source-  
Empowering Caregivers  
Office: 530-205-9514  
[www.empoweringcaregivers.org](http://www.empoweringcaregivers.org)

## ***Greetings from Donna Raibley, Executive Director***

***Hello Friends,***

***Another year has come and gone and miracles abound...  
Since Dec. 2014, when we first began, we have  
accomplished many things:***

- ***We have formed an engaging Board of Directors***
- ***Obtained our 501 (c)(3) nonprofit status***
- ***Internally generated a training model***
- ***Crafted a manual for Instruction and In-Home use***
- ***Served over 80 caregivers at home in Nevada County***
- ***Trained 56 Volunteer Care Specialist***
- ***Have been graciously offered an office and teaching space for minimal rent***
- ***Have been the recipient of many community partners and supporters***

***Our mission is to improve the quality of life for caregivers who are caring for a loved one at home, by providing free respite relief and resource referrals.***

***Today, more than ever, informal caregivers at home are providing overwhelming hours to those they care for. They are facing challenges of long term, chronic illnesses and disease processes, such as dementia, Parkinson's, Alzheimer's and many other fatiguing realities. Older individuals are living longer so caregivers are caregiving longer. Statistics have shown that some of these caregivers are dying before the person they are caring for. The numbers are staggering!***

***We are so grateful for those individuals who are helping to relieve these caregivers, you are a gift to the caregivers!***

***We are on a "Quest for the Best." Please help us by giving a little of your time? You will make a huge difference in the life of a caregiver!***

***We are "Getting to the Heart of the Matter at Hand" and by joining our Volunteer Care Specialist Team you will be  
CULTIVATING HOPE FOR CAREGIVERS!***

***Best and blessings for a wonderful holiday season,  
Donna***

**Please call now to Volunteer: 530-205-9514**

## The Gift of Volunteer Time...

When you are the caregiver...nurture yourself and give yourself the gift of 2-4 hours of a volunteer service visit of a compassionate "Volunteer Care Specialist."

### Letters of Appreciation-Comments:

"I value the services you are providing for my wife...it is so important for people to have the support of their community when their loved one is living with an Alzheimer's diagnosis....I have been so impressed with the willingness to do many different activities with her to help keep her mind and body more active....is also a huge asset to me personally, as it gives me some free time to do my shopping and yardwork...I am thankful for some alone time to take a break from the situation. I know we both benefit from this time."

"We really appreciate the service that you provide. Without our volunteer, we would be unable to leave the house together. We look forward to ...arrival every week. My mother-in-law enjoys the companionship and quality time that our volunteer provides. When we arrive back home, our mother tells us how nice the volunteer is....thank you for this wonderful service."

## Welcome New Graduates !!!!



## Fall 2018 Orientation and Training Program

The Volunteer Director, Harriet Totten, extends special thanks to all of the instructors who gave of their time and professional expertise to assist in our 22 hour training program.

They are:

Judith Ashley, CRT  
Cindy Cooper, RN  
Dylan Hendricks, Esq.  
Havilyn Kern, RN  
Barbara Larsen, MS Ed  
Carolyn Seyler, RN MS  
Jaree Waller, MS  
Kristen Whitehead, RN

### Fall 2018 New Graduates

Debra Adams  
Maki Anderson  
Myra Brooks  
Barbara Duval  
Kathi Kenedi  
David Lerner  
Lynn Maas  
George Roberts  
Chris Swanson  
Carolyn Seyler



## You Can Make a Difference

On Saturday evening, September 20, 2018 the annual fundraiser for the nonprofit organization, One Source-Empowering Caregivers, was held at the Ponderosa Hall at the Nevada County Fairgrounds. The Art Auction displayed over 260 donated pieces of crafts and art donated by our local supporters in the community (see list). Approximately 125 participants enjoyed the event.

The nine-piece jazz-dance band Earles of Newtown were the headliner for the event. While at the same time Purdon's Crossing played during the opening hours of the gala. The art show and silent auction started at 6 pm with dozens of the finest local artists' work available to purchase.

Kelly Fleming on his acoustic guitar provided a local flair for bidders as the party proceeded. Complimentary food and drink with a no-host bar was serving wine and beer.

The Saturday evening fundraiser supported One Source-Empowering Caregivers mission to improve the quality of life for in-home caregivers through free, respite, weekly visits from a volunteer. This non-medical respite service allows the caregiver time to take care of themselves. One Source-Empowering Caregivers (OSEC) is filling a need in our community and which is nationally recognized as a growing crisis. (See statistics on page 4).

Compassion and caring is the heart of what our volunteers do.

(Courtesy of: Tom Durkin, a freelance writer and photographer whose excellence and commitment to the nonprofit organization of OSEC, is reflected in this article and pictures.)



**BROWZING...  
SOCIALIZING...  
BUYING....**



**GREAT TIME FOR ALL**

**Go to:**  
[www.empoweringcaregivers.org](http://www.empoweringcaregivers.org)

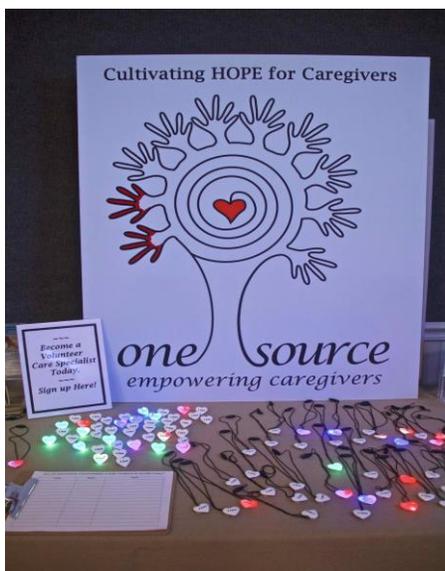
**Leave a Legacy of Hope and include OSEC in your planned giving funds: your personal and lasting gift of hope into the future to continue our mission for caregivers.**

*One Source*  
Empowering Caregivers



563 Brunswick Road, Suite 11  
Grass Valley, CA 95945

**You Do Make a Difference-Every Volunteer is passionate about their commitment to service.**



**December News.....Why we need to act NOW....Volunteer**

**If you are one of more than 34 million Caregivers in America...**

**Nationwide, Family Caregivers are the backbone of in home care giving.**

- 2.4 million millennials are Caregivers for Alzheimer's Disease victims
- 912,000 young adults put in 18.5 hours of unpaid caregiving per week.
- The National Alliance for Caregiving ([caregiving.org](http://caregiving.org)) indicate that family caregivers face a financial strain and may be forced to choose between work and caregiving.