

# Respite Record

*Donna Raibley, Executive Director - 530-477-6389*  
*P.O. Box 311, Cedar Ridge, CA 95924*

Hello OSEC Friends,

We will soon be launching our volunteer training program in Nevada County to provide free, non-medical care to caregivers who are caring for their loved ones at home. We are so excited to be able to share these free resources to those individual caregivers who care day in and day out for their loved ones at home.

Our new respite service will allow caregivers the freedom to continue caring for their loved ones at home. OSEC care teams will assess each caregiver's needs and offer community referrals according to those needs. OSEC will help caregivers, who are caring for their loved ones at home, create a safer, healthier environment to care for their loved ones. Our goal is to help both the caregiver and their loved one broaden their independence and social interactions by supporting them in their efforts to remain at home.

OSEC has a team of professionals who are working to finish the final stages of our first Volunteer Training Program. We are in the midst of our final editing and formatting, and our board is reviewing the contents to ensure that we will present our community with a high quality, comprehensive training program.

It is amazing to think of the progress we have accomplished with the help and support of our community and the committed volunteers who have brought this vision to life.

Our timeline goal for finishing the manual is the end of August. We are targeting late September for our first training. We are looking to fill 20 Volunteer Care Specialist positions. We provide all the training they need. No degree is required. We are recruiting volunteers who enjoy interacting with others on a one-on-one basis. We invite people who are reliable, compassionate and have a few extra hours a week to join our team of caring volunteers.

We are closing the gap on care for caregivers and their loved ones in our community. If you are a caregiver and need some time for yourself, feel overwhelmed, and isolated, you are not alone. We are here to help YOU!

**Please call 530-477-6389 and speak with Donna Raibley.**

Thank you to all of the volunteers who are committed to OSEC. We could not do this without your support, time and effort. You are amazing!

Volunteer Voice  
 CINDY COOPER

*"Never underestimate the power of a small group of committed people to change the world. In fact, it is the only thing that ever has."*

Margaret Mead

We want to recognize Cindy Cooper for her commitment, time and the specialized, valuable information that she has shared with OSEC for the training program.

Cindy has been a registered nurse for greater than 20 years. The majority of her career was in the Yuba county area in the fields of Hospice and Emergency medicine. She has been involved with the successful development of two Medicare-certified Hospice programs.

Prior to receiving her nursing degree, she managed a residential care home for disabled veterans.

Cindy and her son live in Grass Valley. She is the "real deal" when it comes to nurses, always available and most willing to help others in need.

She is excited to be part of O.S.E.C.'s "new and definitely needed" free service in our community.

We ALL thank you, Cindy, for your contribution to our community.

