

# Respite Record

*Thank You and Happy New Year*

Hello OSEC Friends,

On behalf of our Board of Directors and all of the individuals involved with OSEC we all thank YOU for your contribution to our community. It is amazing to think of the progress we have accomplished with the help and support of our all of you. YOU have brought this vision to life!

When we give, it allows us the opportunity to make a difference and it creates a sense of goodwill, improving the lives in each of us, the giver and the receiver. It creates a better place for all in the circle of life...with ourselves, our families, our neighborhoods, our community and our world!

Thank you for helping us to make a better world!

Reginald & Betty King  
 Robert & Donna Raibley  
 John and Melissa Adams  
 Ed and Linda Hawkins  
 Lloyd & Jennifer Richardson  
 Jim & Katherine Doolittle  
 Christine Holland  
 Dan & Diane Lawrence  
 Rick & Jeree Waller  
 Elizabeth Rawson  
 Rusty & Laura Grout  
 Daniel Whelan  
 Tim & Lauren Rossovich  
 Steven & Debra Brown  
 Gerald Chan & Lisa Moon  
 Nancy Brixey & Gary Brassier  
 Christi Nasser

Julia Amaral & Mark Strate  
 David & Lisa Johnson  
 Gerald & Linda Mitchelmore  
 Al & Linda Santos     Kim Pitchford  
 Dave & Mary Raibley  
 Jennifer Wilkerson     Heather MacAdam  
 Ruby Totten             Tom Durkin  
 Stephen Baker             Mark Agness  
 Cindy Cooper             Kristen Whitehead  
 Barbara Larsen             Diane Miessler  
 Karle deProsse             Susan Ferrier  
 Sandy Spurgeon             Jesse & Kay Connor  
 Alison Schwartz             Rose Shulman  
 Rosalie Doherty             Judith Pruess-Mellow  
 Havilyn Kern             Gail Johnsonvaughan  
 Larry Miller                 Judith Funk  
 Carolyn Seyler             Jennifer Persson

Emily's Catering  
 Grass Valley Ladies Relief Society  
 Peace Lutheran Church Women  
 PGE Corp. Foundation, Your Cause  
 Sierra Center for Spiritual Living  
 Soroptimist International of the Sierra Foothills  
 Sierra Nevada Memorial Hospital  
 Peace Lutheran Church, Mission Endowment Fund

Country Copy Printing Shop  
 Staples  
 Jazzercise, Lynn Maas  
 The UNION Newspaper  
 KVMR Radio  
 NCTV  
 Nevada County Health Dept.

## VOLUNTEER VOICE

### OSEC's Graduating Volunteer Care Specialists

*"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

On November 12, 2016, after 22 hours of comprehensive training, 15 of the best volunteers in Nevada County graduated as Volunteer Care Specialists from our In-home Respite Care Volunteer Training Program.

DAVID BLOCHE	ANNE GREEN
DEBORAH ROUSSEAU	HARRIET TOTTEN
MARSHA HARPER	DEBRA KIVA
YVON DOCKTER	LAURA DETATA
SUE FLYNN	CHERIE JONES
JUDI KREINICK	MAGGIE CULL
DANA APLINGTON	JAYNE BROWN
CHARLOTTE BURNETT	

We are now 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 this free service to those caregivers who care day in and day out for their loved ones at home. 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 by creating a safer, healthier environment for all involved in the caregiving experience.

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 over-welmed, and isolated, you are not alone. We are here to help YOU!

**Please call 530-205-9514**

THANK YOU to all of the volunteers who are committed to OSEC. YOU are the pulse of OSEC, we could not do what we do without your support, time and effort. YOU are AMAZING!