

# Celebrating You!



# The CareGiving Tree

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**See what's new at ICRC!**  
**[www.inlandcaregivers.com](http://www.inlandcaregivers.com)**

# Executive Director's Message

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Hello dear friends. On July 1, 2009 just a few months ago, I accepted the promotion as Executive Director of the Inland Caregiver Resource Center.

After working here for close to two

years and having the opportunity to meet many of our selfless and hardworking caregiver angels as I like to call you, I was so happy, honored, and immensely grateful to have this opportunity. Within two weeks of taking the reigns, ICRC was given the news that our state funding would be cut by 72%. Most agencies thought this would put us out of business—that ICRC would close. However with the support of many of our community partners, the strength of the commitment and dedication of our remaining few staff and the undeniable need for our services, we are still here and will remain here as long as we can. The amazing legacy that ICRC has, has given me the courage and strength to do my best for you.

One of the ways we would like to stay connected with you is through our seasonal newsletter. Here you will find articles that will benefit you, experiences of other caregivers like you, dates of ICRC educational events, and information about other events in your community. We hope this tool will be beneficial to you.

November will mark the exciting addition of our renovated easy to use website. Here we will be sharing with our community video trainings, electronic books, message boards, and regular newsletters. We also will have a place to find community resources and to chat with one of our family consultants live! Our intention is to reach those caregivers who find it a challenge to travel to our classes and support groups, especially those who live in the deserts, mountains, and other rural areas.

With less government funding now, the need for donations from our friends and family will be ever so great. Please take a moment and consider making a contribution to the Inland Caregiver Resource Center. We have included a donation envelope for your convenience. On behalf of the Inland Caregiver Resource Center, we hope you have a wonderful holiday season!

Nona Hall-Sandoval,

Executive Director

***Give encouragement,***

***Give support,***

***Give to ICRC!***

***Partner with us this holiday season by sending in a special one-time gift.***

***(See page 11)***

# Did you know?

Help us by writing a letter to your local elected representative about the need for **Caregiver Resource Centers**.



## Association of California Caregiver Resource Centers



September 18, 2009

**URGENT: Stop Further Cuts to  
California Caregiver Resource Centers  
Budget Item 4440-111-0001**

The California Caregiver Resource Centers (CRCs) were cut 72% in the 2009-10 budget. The CRC system strengthens the California economy by supporting working families to care for a loved one and by helping them to continue working outside the home. The CRC system saves money for the people of California by preventing and delaying placement of people with brain impairments in long term care institutions.

**Currently one in four California families is struggling with caregiving.** Eleven community-based nonprofit Caregiver Resource Centers (CRCs) throughout the state annually serve more than 15,000 families and caregivers of adults affected by chronic health conditions. These debilitating disorders include Alzheimer's multi-infarct disease, or other dementias; stroke; Parkinson's; brain injury due to trauma or infection; brain tumor and other conditions. Each Caregiver Resource Center serves as an entry point to services available to caregiving families in every county in California. Each CRC provides a comprehensive package of services including information, education and support for caregivers.

- **Due to the severity of the 72% cut to Caregiver Resource Centers this means that over 15,000 caregiving families of persons with Alzheimer's Disease, stroke, head injury and other cognitive impairments are now without or have limited services.** Of those, an estimated 9,000 are at-risk for nursing home placement due to the severity of disabilities of the care recipients. Studies show that programs like the CRC delay institutionalization of care recipients by 6-9 months, resulting in huge savings for California's health care system.
- **Without CRC support services, working caregivers are at a greater risk of losing their jobs** (and health benefits) because of the demands of caregiving. About half of California's family caregivers are employed outside the home.
- **The budget cuts to CRC services disproportionately affect ethnic and underserved rural communities, Veterans with traumatic brain injury, and middle income families who may not be eligible for other programs.** These diverse populations, whose needs often fall through the cracks, are not met by any other social safety net programs.
- **The severe budget cuts to CRCs has jeopardized all services to family caregivers that assist them in remaining employed, healthy, and keeping their loved ones at home.** Effectively the budget cuts have taken away family caregivers safety net by eliminating services they rely on such as respite care, counseling, education and support services. A majority of CRC family caregivers have no other source for these services or are not eligible for other services.

Further cuts or elimination of the California Caregiver Resource Centers will be fiscally irresponsible and harmful to caregivers and their families.

5664 Chaney Lane • Paradise, CA 95969  
Tele/Fax: (530) 872-2609 • Email: vfarrell@csuchico.edu

# National Family Caregiver Month

November is designated as "National Family Caregiver Month," a time to honor, support, and thank our nation's more than 50 million family caregivers. Over the years Inland Caregiver Resource Center has held several luncheons, workshops, and activities to show our appreciation to family caregivers in the Inland Empire. This year due to drastic budget cuts we were left without a budget to hold our annual luncheon.

Fortunately we have been able to collaborate with various agencies within the community to form a committee focused on putting together an event that will let family caregivers know we still care about them, have them in our thoughts, and ultimately we admire all the selfless work that they do on a daily basis.

So who are our collaborators? They are the Riverside Office on Aging, IEHP, the Alzheimer's Association, Care Alternatives Hospice, Merkler's Consulting Services, Community Senior Services, community representatives Lowa Anderson, Crystal Newman and Beth Allevato.

The committee felt it was important to make the event accessible to both Riverside and San Bernardino family caregivers. As a result we have been able to plan two luncheons! One will be on November 2, 2009 at the Department of Behavioral Health Auditorium in Rialto, CA. The other will be on November 6, 2009 at Parkview Community Hospital Founders Center in Riverside, CA.

ICRC is amazed at how many agencies have reached out to sponsor these events.

*The Family Caregiver Luncheon  
is FREE,  
thanks to our sponsors!*

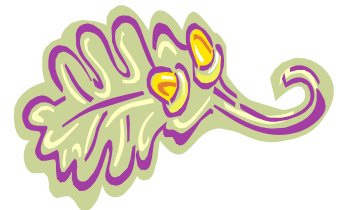
A special thanks to both the Department of Behavioral Health and Parkview Community Hospital for supplying the venues!!!!

When asked about the double platinum sponsorship for the event Monica Crow, Community Liaison for Inter Valley Health Plan, had this to say, "Inter Valley Health Plan, a not-for-profit Medicare Advantage Plan, believes in investing in the communities in which we serve, and in the vitality of the lives of those that live in those communities. Inland Caregiver Resource Center and Inter Valley Health Plan believe in the same things."

Both luncheons will include two presentations, lunch, vendors, and raffle prizes. Dr. Vivian Hakimiam Lopez, Director of Loma Linda University Medical Center Adult Day Services, will present on "Beating the Holiday Blues". Polly Lunetto, M.A., Founder of Alternate Routes to Health located in Murrietta, CA will present on "Nutrition and Self Care".

For a full listing of our sponsors and for more information about the event in your area please refer to page 10 of the newsletter. To register please call ICRC at (800) 675-6694.

-Carmen Estrada  
Program Manager



# Community Spotlight

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*In each of our issues we will provide information on an agency offering services to family caregivers.*

## **The Senior Companion Program offers FREE respite care to family caregivers.**

If you need a break from your loving, but stressful caregiving duties, please contact Betty or Teri at 909-384-5413, M-F 7:30-4:30. Trained senior volunteers provide care assistance to clients and/or family members who need personal services in their homes. Other services include grocery-shopping, meal preparation or stimulating companionship on a regular schedule...usually once a week. Any adult who needs help is eligible. The program's service area includes San Bernardino, Highland, Redlands, Colton, Rialto and Fontana.

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## **The National Family Caregiver Association's**

### **Top 10 Ways to Celebrate National Family Caregivers Month**

1. Offer a few hours of respite time to a family caregiver so they can spend time with friends, or simply relax.
2. Send a card of appreciation or a bouquet of flowers to brighten a family caregiver's day.
3. Encourage local businesses to offer a free service for family caregivers through the month of November.
4. Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
5. Offer comic relief! Purchase tickets to a local comedy club, give a family caregiver your favorite funny movie to view, or provide them with a book on tape.
6. Find 12 different photos of the caregiver's family and friends. Have a copy center create a 2010 calendar that the family caregiver can use to keep track of appointments and events.
7. Offer to prepare Thanksgiving dinner for a caregiving family in your community, so they can just relax and enjoy the holiday.
8. Take a few minutes to write a letter. Encourage your faith community to ask for prayers not only for those who are ill, but also those who care for them.
9. Encourage family caregivers to become a part of the [National Family Caregiver Story Project](#). It's a great place to not only share but read about others in like situations.
10. Help a family caregiver find new educational materials and support through family caregiving web sites or by calling local social service agencies for help.



Visit the [National Family Caregiver Association website](#) to learn more about National Family Caregiving Month and for additional resources and information. [www.nfcacares.org](http://www.nfcacares.org)

# Family Caregivers' Corner

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## Why I chose to be a family caregiver

*Each family caregiver has their story of why and how they became a caregiver. Here is the story of one who decided to care for her mother-in-law.*

About four years ago, my husband of twenty years, came to me and stated his mother needed to be placed in an assisted living home. I have twin girls that are mentally handicapped and are prone to frequent seizures. I couldn't imagine what would happen to my girls if they were to live in a home with people they didn't know, so I didn't want my mother in law to have to deal with that either. I told my husband that I wanted his mom to live with us. His mother and I have had a strained relationship at best, so the idea that she would be moving in with us was a very scary thought. She suffered from breast cancer that had metastasized to the brain. She refused any kind of help including chemotherapy or surgery. **Article continues on page 7**



*"I told my husband that I wanted his mom to live with us."*

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## What does Inland Caregiver Resource Center mean to me?

*We asked some of our family caregivers to share their thoughts on Inland Caregiver Resource Center. This is what some of them said.*



I feel greatly encouraged with all of your help and knowing that I am not alone in finding solutions to the challenges that being a caregiver can bring. I am trying to focus on doing what needs to be done each day and have faith that the future will take care of its self. Thanks to all you do at Inland Caregivers for being the Angels in our lives.

This organization is fantastic! They show so much love, concern, and care for my well-being as a caregiver. I am taught how to take care of myself while I am caring for my loved one. They give me respite care which I never had before I joined them. They supply a time of recreation in which I am rejuvenated from the stressful daily tasks that encompasses my life. Without them and the Lord, I would be a nervous wreck.

-Alice Edwards  
Family Caregiver  
for her husband



-Donna Gowland

Family Caregiver of her husband

# Family Caregivers' Corner



*"No matter how many times the police were called, no matter how many times she yelled at me, this one statement gave me the power to continue."*

## ***Continued from page 6***

The tumors on the brain greatly impacted her behavior and thoughts. She felt everyone, especially myself, was trying to destroy her. So, again the thought of her moving in with us was very disturbing. However, as her daughter-in-law, how could I not have her live with us? She moved in a week later and one week after that she called the police on my family saying that we owed her money, were abusing her, were ignoring her, name it, she said we did it. Weekly calls to the police became common place. Each time, she didn't get what she wanted, they were called. It got to the point I knew many of the police by name. On the final call, after 3 years staying with us, she accused the police of abusing her and they committed her to a hospital.

As stressful as it got, and as difficult as she could be, I knew she was in a home where she was loved and well taken care of. I knew in my heart we were doing the best we could for her. I also knew that somewhere inside of her mind she realized it too. One particularly hard day she had a seizure that ended up putting her in the hospital for a short time. I took her to the hospital and stayed with her. Fortunately, while there, she was given medicine that helped deal with the consequences of a brain tumor. While the pain was momentarily reduced, she told me how much she really appreciated me for taking care of her and everything we do for her. It was this one statement that helped me to continue caring for her. No matter how many times the police were called, no matter how many times she yelled at me, this one statement gave me the power to continue.

My mother in law passed away this last June and I know in my heart that she is thankful for the help my family and I gave her. I also believe the experience has shown my children how important it is for family to be there for one another no matter how hard it gets.

-Tonya R. Patterson

Family Caregiver for her late mother-in-law



# Classes and Support Groups

Support Groups facilitated/sponsored by ICRC

## Caregiver Support Group

Facilitator: Cathy Brown  
Gibson Senior Center  
250 N. Third Street Upland, Ca  
3rd Thursday of month 2:00-3:30pm

## Alzheimer's Support Group

Facilitator: Lowa Anderson  
Encore Senior Living  
6280 Clay Street Riverside, CA 92509  
2nd & 4th Monday of month 9:30 a.m.

## Caregiver Support Group

Facilitator: Carmen Estrada  
City of Rialto Senior Center  
14115 Riverside Drive Rialto, CA 92376  
Last Monday of month 3:30-5:00pm

## Barstow Caregiver Support Group

Facilitator: Jean Riley  
First Baptist Church  
1320 Barstow Rd. Barstow, CA 92311  
2nd Monday of month 10:00-11:30am

## Grupo De Apoyo Hispano

Lider: Vivian Hakimiam Lopez  
Adult Day Services of Loma Linda  
11406 Loma Linda Dr. (Entrada al Este)  
Loma Linda, CA 92354  
El 2ndo jueves del mes 5:30-7:00pm

*For more information contact  
Inland Caregiver Resource  
Center at (800) 675-6694.*



**Teleconfernces/Webinars are held the last Tuesday of each month from 2–3pm.  
The topic for November will be “Self-care” “Nutrition” in December!**

## TELECONFERENCES/WEBINARS FOR FAMILY CAREGIVERS

Inland Caregiver Resource Center and  
VNA & Hospice of Southern California Present:

**Topic:** Home Safety

**Date:** Tuesday October 27, 2009

**Time:** 2:00 pm - 3:00 pm

**Location:** From your computer or telephone at home!



This workshop is designed to help family caregivers address concerns with regard to making their home safe for themselves and the loved one they are caring for at home. In order to participate please call (800)675-6694 to register and to receive the access telephone number with access code. Or you can register by sending an e-mail to [carmene@inlandcaregivers.org](mailto:carmene@inlandcaregivers.org)



Inland Caregiver  
Resource Center

Visiting  
Nurse  
Association  
& Hospice  
of Southern California  
1.800.969.4862

*These Teleconferences/Webinars are funded by National Family Caregiver Support Program grants through the San Bernardino County Department of Aging and Adult Services and the Riverside County Office on Aging and Adult Services*

# In Your Community

Events facilitated/sponsored by agencies in the community

## Creating a Safe Environment for People with Memory Loss

City of Montclair

5111 Benito St. Montclair, CA  
**Tuesday October 20, 2009**  
**6 - 7pm**

Hosted by: Community Senior Services

## National Memory Screening

Perris Hill Senior Center

780 East 21st. St. San Bdn, CA 92404  
(909) 384-5436

**Tuesday November 17, 2009**  
**8:30-11:30 am**

Hosted by: Inter Valley Health Plan



## National Memory Screening

DASH Inc.

306 West Colton Ave. Redlands, CA 92375  
(909) 798-1667

**Tuesday November 17, 2009**  
**ALL DAY!**

Hosted by: DASH Inc.

## National Memory Screening

Kmart Pharmacy (part of Gold K Day)  
1670 E. Fourth Ontario, CA 91764 (909)  
984-4387

**Tuesday November 17, 2009**  
**9:00-1:00 pm**

Hosted by: Kmart

Flu shots protect you, your family, and others from the flu. A new flu shot is recommended for everyone, every fall. Flu shots are especially recommended for:

- People 50 years and older
- Pregnant women
- Children 6 months to 18 years
- People with any chronic medical conditions
- Health care workers
- People in long-term health care facilities
- Caregivers of children 6 months and younger or other high risk individuals.

The cost of the flu shot is **\$10.00.**

**NOTE:** H1N1 vaccines will not be available at the seasonal flu clinics. Visit [www.sbcounty.gov/dph](http://www.sbcounty.gov/dph) for further updates.



County of San Bernardino Department of Public Health  
Immunization Program  
Presents

## 2009 Seasonal Flu Clinics

### Hutton Community Center

660 Colton Avenue  
Colton  
**Thursday, October 15, 2009**  
9 - 11 AM

### Mountain Communities Center

675 Grandview Road  
Twin Peaks  
**Monday, October 19, 2009**  
10 AM – Noon

### Chino Hills City Hall

14000 City Center Drive  
Chino Hills  
**Wednesday November 4, 2009**  
9 AM - 11 AM

**Bonnie Baker Center**  
149350 Ukiah Trail  
Big River  
**Tuesday, October 27, 2009**  
10 AM - Noon [CA TIME]

**Fire Department Friendship Hall**  
148808 Havasu Lake Road  
Havasu Lake  
**Wednesday, October 28, 2009**  
10 - 11 AM

**Seasonal Flu Vaccine:  
Every One,  
Every Year!**

For information please call the Immunization Program at  
**1-800-722-4794**

# Family Caregiver Luncheon

## Caregiving During the Holidays



**November 2, 2009**

9:00 am — 2:00 pm lunch will be served

**Department of Behavioral  
Health Auditorium**

850 East Foothill Blvd., Rialto Ca

**Program Includes:**

***“Beating the Holiday Blues”***

**Dr. Vivian Hakimiam Lopez**

Director of Loma Linda University Medical  
Center Adult Day Services

***“Nutrition and Self Care”***

**Polly Lunetto, M.A.**

Founder of Alternate Routes To Health,  
Murrieta, CA

**RSVP by October 26, 2009**

**(800) 675-6694**

If you require assistance with reasonable  
accommodations (ADA) or with respite assistance  
please contact Inland Caregiver Resource Center

To show our appreciation for all  
you do and in recognition of  
National Family Caregiver  
Month, family caregivers are  
invited to join us for a day of  
information, resources, and  
educational workshops.

**Sponsored by:**



**FREE  
MASSAGES  
PROVIDED BY  
EVEREST  
COLLEGE!**

**This luncheon is brought to you in collaboration by the following agencies:**



**Community Representatives  
Lowa Anderson & Beth Allevato**



This event is funded in part by the National Family Caregiver Program through the Older Americans Act—IIIE

# Friends of ICRC

## ICRC Wish List:

Volunteer Caregivers,  
Small Refrigerator,  
Writers for the newsletter,  
College Interns for Social Work,  
Marketing, Resources and  
clerical positions.  
1-800-675-6694

## Caregiver to Caregiver

Do you have time, skills or resources you'd like to share with other caregivers?

We are starting a list of caregivers willing to volunteer their time or resources with others. Call us and we will connect you with another caregiver.

1-800-675-6694

## Holiday Giving

Your special gift to ICRC is an opportunity for you to touch the life of a caregiver caring for a loved one.

Your gift will allow us to continue to provide resources like respite care, support groups, counseling, legal consultation and educational trainings.

We are also looking forward to providing emergency financial



       **Yes! Please add me to your list of supporters!**

If this donation is being made in memory or in honor of someone, please provide their name here:

\_\_\_\_\_

I have enclosed a check payable to "Inland Caregiver Resource Center"

I prefer to use my (circle one) Visa, Master Card, American Express, other: \_\_\_\_\_

Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_ / \_\_\_\_

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Phone/email: \_\_\_\_\_





**INLAND CAREGIVER RESOURCE CENTER**

1420 East Cooley Drive, Suite 204  
Colton, CA 92324

Address Label

**Advertise your business here!**

**Single Advertisement**

\$150 = Full Page advertisement

\$100 = 1/2 page advertisement

\$50 = Business Card advertisement

**Year-round Advertisements**

\$500 = Full Page advertisement year round

\$350 = 1/2 page advertisement year round

\$150 = Business Card advertisement year round

Questions? Call or email Carmen Estrada at 909-514-1404 ext. 119 or  
email at [carmene@inlandcaregivers.com](mailto:carmene@inlandcaregivers.com)

Make checks payable to "Inland Caregiver Resource Center" and mail to  
Inland Care Givers Resource Center, Carmen Estrada  
1420 E Cooley Dr., Suite 204 Colton, CA 92324