

BRIEF RESPITE



CITIZENS WHO CARE
FOR THE ELDERLY

Fall 2011

A year of gratitude for old and new friends

by Joanne Bell, Executive Director

Not only at this time of Thanksgiving but throughout the year, Citizens Who Care for the Elderly is grateful to those individuals and the community-at-large who provide ongoing support of our mission. More than 100 volunteers over the last year generously gave time to improving the quality of life for the elderly and their caregivers in the community. Our volunteers have provided regular in-home social visits and respite to more than 125 frail elderly individuals and their caregivers this year. Dozens more, isolated in convalescent homes, have enjoyed hours visiting with CWC volunteers and pet visitors. CWC annual fundraising events grew by record-setting numbers in 2011. More than 800 folks attended this year's Davis BeerFest and sold-out audiences were serenaded at the annual Winter Concert.

We are grateful, too, for the forging of new relationships in 2011. Palm Gardens Assisted Living in Woodland donated the space and lunch service for Time Off for Caregivers in Woodland, making it financially feasible to offer this important program for the first time in Woodland. Woodland's Luna Vista Rotary Club selected CWC as the



recipient of funds raised from its major annual fundraiser, the Woodland Oktoberfest, a rollicking, beautifully organized, popular event. The Sierra Health Foundation awarded CWC grant funding for the first time, recognizing the value of our programs to the health of our community. Likewise, we are grateful to be recognized and supported this year by the Yocha DeHe Community Fund, Catholic Healthcare West Community Fund, the Tiechert Foundation, the Woodland United Way, the City of Davis Community Development Block Grant, and Davis Senior Center.

Many, many other businesses and individual sponsors made events possible.

Citizens Who Care visitor and respite programs are provided at no charge. This makes it possible for *everyone* to receive the added support they may need to live in their homes for as long as possible. Requests for volunteer services have increased by 36 percent this year. On behalf of our clients and the CWC Board of Directors and staff, we give thanks for all that is given, in whatever way, toward making all this possible.

May you have a blessed holiday season.

Changes in our Board of Directors



Peter Shack is leaving the board of CWC after serving three consecutive three year terms, which is the maximum our by-laws allow. Don't worry, Peter will continue to entertain you with his beautiful tenor voice at our Annual Winter Concerts. His 30 years with the Attorney General's Office as Supervising Deputy

Attorney General in the Charitable Trust Section has been invaluable to us. We will continue to go to him for legal advice, and hope that he will come back to the board after his year off, as three of our other members have done.



Ken Wagstaff is our newest board member, joining the board in June 2011. You know Ken as our CWC Executive Director from 2005 to 2010. Ken brings almost 40 years of experience in health care management and policy for California. Ken assisted with the

early formation of CWC during the 1980's and has been a Winter Concert and BeerFest volunteer. Ken joined CWC to support its mission of helping families with the stress of caring for their elders. He says "supporting our older citizens and assisting families with their care strengthens the whole community."

Save the Dates:

February 18 and 19, 2012 - The 20th Annual Winter Concert

June 2, 2012 - Davis BeerFest 2012

Making a Difference One Mind at a Time

By Ehsan Ejaz

Editor's note: *One Saturday last October Phi Kappa Phi Council of Students Western Region Representative Ehsan Ejaz led members of this University of California Davis chapter on a trip to an area senior center to spend a few hours with those diagnosed with dementia. Ejaz, a fourth-year neurobiology, physiology and behavior major, was invited to write about the community outreach. Email him at eejaz@ucdavis.edu.*

How do you interact with someone diagnosed with a mild form of dementia - someone largely self-sufficient but sometimes unable to understand basic concepts?

Senior psychology major Elizabeth Tremaine and four other Phi Kappa Phi student members from the University of California-Davis chapter, myself included, along with chapter secretary and neurobiology staff research associate Christina Craig-Veit, tried to answer this question one Saturday last October when volunteering with the Citizens Who Care Time Off for Caregivers Program at the Davis (Calif.) Senior Center. It was the chapter's first student-run community service.

"They have great skills and some are really good at board games such as checkers. But they struggle with normal tasks, which you wouldn't expect," said Tremaine, who helped one of eight clients in attendance, all with intermittent dementia and most with beginning stages of Alzheimer's disease, piece together a jigsaw puzzle.

Most clients don't require one-on-one assistance: instead, they just need someone to be there for them in case a



Phi Kappa Phi chapter secretary and neurobiology staff research associate Christina Craig-Veit (upper right) and junior managerial economics major Stephanie Vee (lower left) play the board game 'Sorry!' with clients.



Elizabeth Tremaine, a fourth-year psychology major, helps a client put together a jigsaw puzzle.

problem arises, said client aide Wayne Everingham.

The Time Off for Caregivers Program, funded by Citizens Who Care, a nonprofit organization providing support services to area frail elderly and their families, offers caregivers a break from responsibilities every other Saturday for much of the day. Volunteers play a key role since the program only has a staff of three for a total

client base of 10-12, said client aide Keiko Tokida. "We love having people from different backgrounds come serve," said Everingham, adding that it's hard to find volunteers. He praised the Phi Kappa Phi chapter for its enthusiasm in everything from unfolding chairs to setting up games, to helping make and serve lunch, to talking individually with clients, to leading and playing rounds of bingo.

"It was really fun," said Tremaine, a theater minor who sang four show tunes for the responsive audience. "I like working with elderly patients because they have great stories to tell." She also felt like she accomplished something. "I made their day better and they have made my day better."

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Remembering Issie

Every Wednesday for eight years little Issie, with his owner Sharon Coles, spread sunshine at Davis Health Center as a regular Citizens Who Care pet visitor making the tail wagging rounds to greet Issie's friends in residence. Issie recently passed away at 14 ½ years of age, but the joy he and Sharon brought to so many for so long is not forgotten.

Issie was a cross between a long-haired dachshund and poodle. Sharon recalls, "As soon as we brought Issie home as a puppy we knew that he loved people. He would get very excited when we had guests and always greeted them with lots of love and licks. When we moved to Davis nine years ago, I read in the paper that one of the volunteer activities at CWC was pet visitations at convalescent homes. I wanted to share Issie in that way."



Over the years, Sharon and Issie came to know many of the residents they saw regularly. Sharon fondly remembers, "Some of the patients, who were unable to get up, wanted Issie to get on their beds. Others, in wheelchairs, enjoyed his licks. Many patients knew his name and were happy to see him. Others had treats for him and he knew which rooms they were in and always rushed in to see them. Therapy also had a treat for him, but he knew we did not go there until we saw everyone else and it was time to leave. It was difficult to tell his many friends that he would no longer be coming with me."

Sharon is continuing to visit three of the ladies at Davis Health Center on her own. She adds, "We used to spend extra time with them and I still enjoy visiting them."

TIME OFF FOR CAREGIVERS Comes to Woodland!

Are you caring for an older adult at home? We can help.

Time Off for Caregivers is the only weekend program in Yolo County to offer on-site social activities for elderly dependent adults and respite for their caregivers. Though Time Off has been offered for many years by Citizens Who Care for the Elderly on the second and fourth Saturdays of each month at the Davis Senior Center it has recently expanded into Woodland to more conveniently serve individuals and their caregivers in the Woodland community. In Woodland, Time Off for Caregivers is offered the third Saturday of each month at Palm Gardens Assisted Living.

DO YOU KNOW SOMEONE WHO WOULD BENEFIT FROM A SATURDAY SOCIAL PROGRAM FOR DEPENDENT ADULTS?

- A caregiver who could use a break from caregiving responsibilities.
- A chronically impaired individual who could benefit from social interaction in a structured setting.
- A family who wants their loved-one in a safe, caring environment.

Participation is available to anyone, but does require an initial assessment of the participant by our CWC registered nurse to identify individual needs and evaluate if the Time Off Program can meet those needs.

Participants may choose from a 5-hour program day: 10 am-3 pm, at a session fee of \$40; or a 3-hour program day: 11 am-2 pm, at a session fees of \$25 in Woodland and \$30 in Davis. The first program day is complimentary.

We take good care of your loved one while you take care of yourself. The Time Off program provides stimulating social interactions and one-on-one supervision geared to meet the needs of the loved ones:

SOCIAL ACTIVITIES Arts and crafts • Exercises and outdoor walks • Music and dance (with or without wheelchairs) • Games, indoor "bowling" and parachute play • Live Entertainment

NUTRITION A healthy lunch, morning and afternoon snacks, and beverages

PROFESSIONAL PROGRAM STAFF Our program director and two certified nursing assistants plan and supervise each Time Off session.

ONE-ON-ONE INTERACTION Volunteers are matched one-on-one with each participant. Volunteers are invited from the community, UC Davis, and local high schools. They are supervised by professional staff.

TRANSPORTATION Within Davis and Woodland city limits transportation is available through Yolo Transit. Telephone: 757-4408 (Davis); 666-2877 (Woodland)

Woodland Time Off

3rd Saturday each month
10 am – 3 pm or 11 am – 2 pm
Palm Gardens Assisted Living
240 Palm Ave.

Davis Time Off

2nd and 4th Saturday each month
10 am – 3 pm or 11 am – 2 pm
Davis Senior Center

To learn more or arrange for a nurse assessment please CALL 530-758-3704

CWC Tour of South America

To help support our mission. Citizens Who Care sponsors trips to exciting places. This year we're off to South America. Featuring *Buenos Aires Argentina, Tierra del Fuego Argentina, 3 nights cruise on the Via Australis around the Horn, and Santiago Chile.*



Leave February 26, 2012

Return March 10, 2012

\$5790.00 per person, plus group air.

TOUR FEATURES INCLUDED:

- \$200.00 pp donation to Citizens Who Care.
- Air flights within South America.
- All Transfers and sightseeing via private, late model, air-conditioned, transportation.
- Services of expert local guides.
- 8 nights hotel accommodations.
- 3 nights aboard the Via Australis cruise ship.
- Accompanied by Woodland Travel Tour manager Steve Venables.

- All meals mentioned as being included. Daily breakfast, 5 lunches and 6 dinners.
- Wine, soft drinks and bottled water with all included lunches and dinners.
- All taxes and gratuities for included meals.
- All tips to porters on/off the buses, and in/out of hotels.
- All tips on the cruise and for guides and drivers.
- All admissions and fees.
- Trip interruption Insurance.
- An additional lunch or dinner will be hosted by Steve.



If you are interested in receiving information about about this tour, write, call, phone, email or go on line at:

Citizens Who Care

1017 Main Street
Woodland, CA 95695
Call: (530) 758-3704

Email: citizenswhocare@omsoft.com
www.citizenswhocare.us/trip.html



The Caring Face of CWC

By Diane Bamforth , Davis Assessment Nurse

Client names have been changed to maintain confidentiality

The CWC Assessment nurses recently resumed informal meetings for our In Home Respite volunteers. These twice yearly gatherings in our nurses own homes give volunteers a chance to mingle, share ideas and anecdotes and have access to resources that help them in their weekly visit to clients. It is interesting to hear how creative our volunteers are and what a difference a thoughtful gesture on their part can make to their client.

Sam shared how she dropped by the store and bought her 89 year old client a milkshake. It made the ladies day, she hadn't tasted one in years. Another client shared how she uses the internet to find music printed out lyrics in big type and used them for a sing along.

Michael told us how he used his i phone and together using a Google map they traced Don's daily walk to school from over 80 years ago talking about landmarks he used to pass along the way.

Sometimes volunteers share anecdotes with the staff and so often these show how a little gesture, a kind word or a funny incident can bring a moment of joy to a client and reward for volunteers. Don has recently moved into an assisted living facility and Michael still continues to visit him there with his little dog. He wrote:

"Dasie and I visited with Don for about an hour and a half today. Dasie was a big hit with nearly everyone, residents and staff alike. Don was much better than I expected; reasonably calm and happy to see Dasie and me.

I brought a book of baseball history with lots of photographs, and we spent most of the time talking about baseball in the 1940s. After a while he took off his slippers and went looking for a pair of spiked baseball shoes, since he couldn't play in slippers. Sometimes he plays whimsical games with a straight face, and I could not tell how serious he was. But he persisted. But he was not getting upset; just wanted the shoes.

He was OK when I left. I assured him I'd see him next week. When I got home I called Joyce. She was out, so I spoke with their son, and reported what I wrote above.

I could not provide baseball spikes, but I ordered a Chicago Cubs baseball cap for him. I will have it next week."

Recently I introduced a new volunteer, Keith, to a longstanding client whose health has taken a sudden downturn. I was concerned knowing that this would be a challenge for a new volunteer especially as Jack had been restless during our introductory meeting. But Keith was up to the challenge knowing that his being there for 2 hours per week would provide some relief for Jack's wife. Here is what Keith wrote.

*Just returned from my visit with Jack.
It went well, very well, I think. Jack seemed slow but happy.
Jack met me at the door.
The TV was on. It was on the entire time.
The dog growled.
Jill and I talked for a bit.
Jack was comfortable (not at all agitated), unlike last week.
Jill told me about the show on TV. I'd never seen it and it was interesting
I moved a chair over next to Jack so I could see the TV and talk with him more easily.*

*We talked about his dad and brother and mom.
We took a walk from his chair to the kitchen and back.
We talked.
He saw my helmet and asked what it was.
I got it and said he could put it on but he didn't know how. I put it on his head for a while. He was pleased.
We talked about the people in blue who deliver the mail on their bikes.
We talked about his brother and the farm they lived on when they were kids.
We repeated a lot of the previous conversations.
I learned not to ask, "Where was that?", since he doesn't remember places.
Jill went to the back. Jack wondered where she was, I said, "In back." After a while he got up to check, then forgot what he got up for and sat back down.
After a while he got up to check again and walked back and saw her.
We laughed about the dog's growl. Jack growled. We laughed.
Then we looked at the dog book and watched TV and talked until Jill came out.
Jill asked if it would be OK if she went out next week. Since this week's visit was uneventful, I said, "Yes."*

Thank you Volunteers!

Editor's note: So far this year more than 70 clients have been regularly visited by Citizens Who Care volunteers. If you or a loved one would like to be receive in home visits or if you think you

DAVIS BeerFest 2012

will take place at

Sudwerk

Restaurant and Brewery

2001 second Street, Davis CA

Saturday June 2, 2012

All proceeds support the programs of Citizens Who Care.



CWC thanks all who made Davis BeerFest 2011 a Great Success!

Davis BeerFest 2011 took place on June 4 at Sudwerk Brewery in Davis. This, our seventh annual event, remains very popular, as reflected by approximately 800 beer aficionados in attendance!

Citizens Who Care thanks everyone who contributed to this terrific event. It was made possible by the hard work of our BeerFest Committee, led by CWC Board member Maria Acuna-Feldman, our crew of volunteers, the cooperation and support of Sudwerk Brewery, our very generous sponsors, and the donation of lots of beer by participating breweries. We especially thank our BrewMasters - Jay Prah, Sudwerk's Brewing Director and brewery tour leader, and CWC Board member Michael Lewis. Together they brought 41 regional breweries to the event!

This year's featured bands were Quicksand Marching Band, Tha Dirt Feelin and Seamoose.

The following breweries were represented:

Ale Industries
Anderson Valley Brewing Co.
Anheuser-Busch Inc
Bear Republic Brewery
Big Sky Brewing Co.
Black Diamond Brewing Co.
Blue Frog Grog & Grill
Blue Moon Brewing Co.
Boston Beer Company
Buckbean Brewing Co.
Coors



Michael Lewis, Trent Yackzan
Joanne Bell, and Aaron Warshawsky

Dogfish Head Craft Brewery
Firestone & Walker Brewing
Fox Barrel Cider
Full Sail Brewing Co.
Green Belt Brewers Assn.
Hanger 24 Craft Brewery
Hoppy Brewing Co.
Huber Brewing
Kona Brewing Co.
Lagunitas Brewing Co.
Lhasa Beer
Lost Coast Brewery
Mad River Brewing Co.
Miller Coors Co.
Moylan's Brewery
Napa Smith Brewery
New Belgium Brewing Co.
New Glarus Brewing Co.
North Coast Brewing
Pilsner Urquell
Pyramid Alehouse
Redhook Woodinville Brewery
Rogue Ales
Rubicon Brewing Co.

Russian River Brewing Co.
Sierra Nevada Brewery
Speakeasy Ales & Lager
Stone Brewing Co.
Sudwerk Brewery
Sutter Buttes Brewing
Third Street Aleworks
Trumer Brauerei
Widmer Brothers Brewing Co.

In addition to our loyal individual ticket-buyers, the revenue for the BeerFest was again substantially enhanced by our wonderful community sponsors. Our 2011 sponsors ranked by contribution level are listed below. Additional supporters and helpers, are listed on our BeerFest website www.davisbeerfest.org along with pictures of the event.

"Stout" (\$1000+)

Sudwerk Restaurant & Brewery

"Hefeweizen" (\$500+)

Davis Waste Removal
European Wax Center

"Pilsner" (\$250+)

Atria Covell Gardens
Davis Ace Hardware
Karen & Carl Eilers
Massage Envoy
Morse Remodeling
Nugget Market
Tallbott Solar & Radiant Homes
University Retirement Community
Wayne Gilbert & Company

's Wonderful

CWC 20th Annual Winter Concert

The Great Lyrics of Ira Gershwin

Music by George Gershwin, Jerome Kern, Harold Arlen, Vernon Duke, Kurt Weill & Harry Warren

February 18 and 19, 2012

Veterans Memorial Theater, 203 East 14th Street, Davis

Ira Gershwin was best known as the older brother of George Gershwin. Ira started his career in 1918 under the pen name of Arthur Francis. It was not until 1924 that Ira and George began a collaboration that would prove one of the most successful and prolific in history.

Their first collaborations were for the Broadway shows: **Lady, Be Good!** (1924), **Tip Toes** (1925), **Oh Kay!** (1926), **Funny Face** (1927), **Rosalie** (1928), **Strike Up the Band** (1930), **Girl Crazy** (1930), **Delicious** (1931), and **Of Thee I Sing** (1931), which was the first musical to win the Pulitzer prize.

In 1931, the two brothers headed to Hollywood producing a movie score of **Delicious**, for Fox Studios, starring Janet Gaynor. They returned to New York again working on Broadway producing **Pardon My English** (1933), and **Let 'Em Eat Cake** (1933).

In 1935, Ira, in collaboration with Dubose Heyward, wrote the words to George Gershwin's music for **Porgy and Bess**, a



Performers left to right: Lenore Sebastian, Lenore Heinson, Gwyneth Bruch, Peter Shack, Bob Bowen, Martha Dickman, Stephen Peithman, LuAnn Higgs, Joe Alkire and Jim Nakayama around a picture of Ira Gershwin.
Photo by Todd & Barbara Photography

work that straddles the world of opera and Broadway. Many consider it the greatest American opera written to date.

In 1937, Ira and George accepted a contract from RKO and headed back to Hollywood. Among the movies they wrote scores for were **Shall We Dance** (1937) and **A Damsel in Distress** (1937).

Both before and after George's premature death in 1938, Ira Gershwin collaborated with many other great composers, as well, including Vernon Duke, **Ziegfeld Follies of 1936**, Kurt Weill, **Lady in the Dark** (1941), Jerome Kern, **Cover Girl**

(1944), and Harold Arlen, **A Star Is Born** (1954).

Ira retired at the age 58. He died in Beverly Hills, California on August 17, 1983. On Dec. 6, 1996, Ira was the first lyricist to be honored by a special tribute performance on the centennial observance of his birth, in New York's Carnegie Hall.

Songs you will hear at our Winter Concert.

- Fascinating Rhythm* • *The Man I Love* • *Someone To Watch Over Me*
's Wonderful • *How Long Has This Been Going On*
I've Got A Crush On You • *But Not For Me* • *Embraceable You*
Bidin' My Time • *I Got Rhythm* • *Of Thee I Sing*
It Ain't Necessarily So • *I Got Plenty O' Nuthin* • *Let's Call the Whole Thing Off*
They Can't Take That Away From Me • *A Foggy Day* • *Nice Work If You Can Get It*
Long Ago and Far Away • *The Man That Got Away* • *I Can't Get Started With You*

Ticket order form for the CWC Winter Concert.

Name _____
 Address _____
 Phone _____

Please send a self-addressed, stamped envelope with check payable to **Citizens Who Care**, 1017 Main Street, Woodland, CA, 95695

All tickets are reserved. If you require wheelchair seating please let us know.

Date	Price	Qty.	Total
Sat. Feb. 18, 7:00 PM	\$ 30.00		
Sun. Feb. 19, 2:00 PM	\$ 30.00		
		Donation	
		Total Enclosed	

CITIZENS WHO CARE
FOR THE ELDERLY

P.O. Box 72650
Davis, CA 95617

Return Service Requested

Fall 2011



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Citizens Who Care's mission is:
*To improve quality of life for the elderly
and their caregivers.*

Joanne Bell, Executive Director
Cheri Kerr, Administrative Assistant
Diane Bamforth, Assessment Nurse, Davis
Susan McGibbon, Assessment Nurse, Woodland
Ellie Slaven, Director of Volunteers
Jackie Stephens, Time-Off Program Director
Wayne Everingham, Ivy Houle, and Keiko Tokida
Time Off Aides

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Volunteer Services
Telephone (530) 668-8780

E-mail: citizenswhocare@omsoft.com
Web: www.citizenswhocare.us

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TIME VALUE - PLEASE DELIVER PROMPTLY

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