

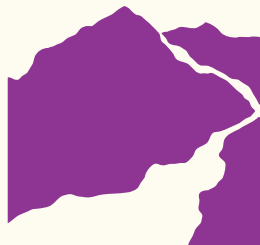
# Pathways

SERVING FAMILIES AND CAREGIVERS OF BRAIN IMPAIRED ADULTS AND THE FRAIL ELDERLY

WINTER 2010

## INSIDE THIS ISSUE

Years of Dedication. . . . 2  
Tropical Treasures  
Luau . . . . . 3  
State Budget Passed. . . . 4  
Del Oro  
Awarded Grant . . . . . 4  
A Dose of Inspiration . . . 5  
Kudos Klub! . . . . . 5  
I'm No Angel . . . . . 6  
Thank You to Our  
Generous Donors. . . . . 7



**DEL ORO**  
CAREGIVER RESOURCE CENTER

**Office:**

5725-D Marconi Avenue  
Carmichael, CA 95608  
(916) 971-0893, or  
(800) 635-0220

## Little-Known VA Program Can Help With Medical Costs

*Veteran's Administration Aid & Attendance Program*



### WHAT IS IT?

A federal assistance program offering a monthly payment from the Department of Veterans Affairs designed to provide care for people who are disabled or frail and might have trouble living on their own. The money can be used to pay assisted-living bills or for home health care. Anyone on Aid and Attendance also automatically qualifies for VA health care benefits, like prescription coverage and hospital and physician care.

### WHO IS ELIGIBLE?

Any veteran who served 90 days or more in active duty, with at least one day in wartime,

and who was honorably discharged. Widows and widowers of veterans also are eligible.

### WHAT IS THE MAXIMUM PAYMENT?

\$1,949 a month for a veteran and 1 dependent, \$1,644 for a veteran, and \$1,056 for a widower. Nursing home residents on Medicaid (MediCal) also can receive \$90 per month from Aid and Attendance for their own use.

### HOW DO YOU QUALIFY?

Out-of-pocket medical expenses – including medications, insurance premiums and assisted-living fees – are deducted from monthly income when determining eligibility. If the expenses exceed the income, the veteran is eligible. A doctor also must certify that the applicant's health requires

him or her to receive care from others.

### WHAT ABOUT ASSETS?

Applicants are allowed to have about \$80,000 in assets, although the exact amount is at the VA's discretion. Property and cars are not counted.

### HOW DO YOU APPLY?

Attorneys and private companies are allowed to help you apply under certain circumstances. County veteran's service officers also will help you, at no charge.

*Written by Diane Lade. Content gathered from article ran in South Florida Sun Sentinel on 2/16/06. Re-printed with permission.*

Continued on P2

# Pathways

Taryn Benson, Editor  
tbenson@deloro.org

## STAFF

Michelle Nevins, MBA  
Executive Director  
Amber Jett  
Executive Assistant  
Taryn Benson, MHA  
Education Coordinator  
Anne Spaller, MFT  
Clinical Consultant  
Elizabeth Rawson, MA  
Family Consultant

## BOARD OF DIRECTORS

Christine Klug  
President  
Buck Shaw  
Vice President  
David Brown  
Chief Financial Officer/Secretary  
Jean Clark, LCSW  
Mary Eaton  
Mark Hyjek  
Carol Kinsel  
Jennifer Lee  
Erin Levi  
Terry McPeck  
Nancy Schier-Anzelmo  
Yvonne Speer

Pathways is published by Del Oro Caregiver Resource Center. We welcome your comments. Please send letters and change of address notices to Del Oro Caregiver Resource Center, 5725-D Marconi Avenue, Carmichael, CA 95608, (916) 971-0893 or via e-mail to [crc@deloro.org](mailto:crc@deloro.org). Material in Pathways may be reproduced only with permission of Del Oro Caregiver Resource Center.

© 2009 Del Oro Caregiver Resource Center

## ABOUT DEL ORO CAREGIVER RESOURCE CENTER

Del Oro Caregiver Resource Center is an independent, private, non-profit program funded through a contract with the California State Department of Mental Health, grants and private donations. **Our mission is to improve the well-being of caregivers and provide support throughout the caregiving process.**

### PROGRAM SERVICES:

- Information and Referral
- Family Consultation
- Counseling
- Respite Care
- Legal/Financial Consultation
- Education and Training
- Support Groups

For information about eligibility for our program, contact Del Oro CRC at (916) 971-0893 or (800) 635-0220.



## VA Aide & Attendance

Continued from P1

### WHAT DOCUMENTS WILL I NEED?

- Driver's License
- Contact Information
- Blank check from checking account for direct deposit purposes
- Veteran's Discharge Papers (DD214 certified copy)
- Physician's Evaluation or RCFE Physician's report (602A)
- Death Certificate for a Surviving Spouse
- Marriage Certificate (if currently married)
- Copy of Social Security Award Letter
- Net worth Information (bank accounts, CDs, trusts, stocks, bonds, etc.)
- Proof of all income from pensions, retirement and interest income
- Proof of insurance premium, medications, medical bills or any other medical expenses that are not reimbursed by insurance; such as co-pays for doctors, incontinence supplies (i.e. Depends), durable medical equipment, etc.
- List of all doctors and hospitals visited in the last year

### WHO DO I CALL TO GET THE PROCESS STARTED?

Once you have gathered all of the necessary information, you will need to obtain and complete VA Form 21-526 or VA Form 21-534. You can find these forms at your local VA office, or download them at [www.veteranaid.org/apply.php](http://www.veteranaid.org/apply.php) or [www.vetassist.org](http://www.vetassist.org).

### ADDITIONAL RESOURCES

[www.veteranaid.org](http://www.veteranaid.org)  
[www.transitionsforveterans.org](http://www.transitionsforveterans.org)  
[www.alfa.org/images/alfa/Toolkits/VAToolkit.pdf](http://www.alfa.org/images/alfa/Toolkits/VAToolkit.pdf)  
[www.vba.va.gov/benefit\\_facts/index.htm](http://www.vba.va.gov/benefit_facts/index.htm)  
[www.vetassist.org](http://www.vetassist.org)

US Department of Veterans Affairs  
810 Vermont Avenue NW  
Washington, D.C. 20420  
(800) 827-000

Sacramento County . . . . .	916-874-6811
Placer County . . . . .	530-889-7968
El Dorado County . . . . .	530-621-5892
San Joaquin County . . . . .	209-468-2916
Nevada County . . . . .	530-273-3396

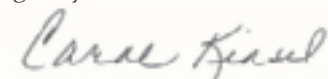
Above information collected by Kendra Micka, MSW. Information was collected from the above listed websites. Del Oro Caregiver Resource Center does not recommend or endorse the listed people and/or agencies and bears no liability for services rendered. Please check references carefully and verify information prior to use.

## Years of Dedication to Del Oro Caregiver Resource Center

Del Oro Caregiver Resource Center is thankful for the years of service that three longtime Board Members have provided our agency—Ms. Wanda Demarest, Ms. Cindi Royval and Ms. Esther Lara. Each of these Members has provided countless hours of dedication, service and guidance through their work as a Board

  
MICHELLE NEVINS, Executive Director

Member. As advocates for caregivers and seniors, Wanda, Cindi and Esther have all been instrumental in the growth and development of our agency over the years. We appreciate all that you have done to support our mission and organization; you will be greatly missed!

  
CAROL KINSEL, Board President

# 4th Annual “Tropical Treasures”

*Luuu and Fundraiser a HUGE SUCCESS!*

**O**n behalf of the Staff and Board of Directors at Del Oro Caregiver Resource Center, I would like to extend a heartfelt thank you to everyone who participated in the 4th annual fundraiser on July 16th! The event marked a very special day of recognition for caregivers in our community by raising both awareness of caregiving issues and much-needed funds to support local caregivers. The event raised over \$27,000 to provide direct services, such as respite and counseling to clients in our 13-county service area.

This special event featured a cook-off among local senior living communities, with an amazing array of delicious food. The talented chefs at Creekside Oaks were this year's cook-off

winners, with their delicious Hawaiian Pork Tenderloin. The communities also competed for the best-decorated booth; the winner, Carlton Plaza, created a beautiful tropical display. All contestants provided amazing treats and a festive atmosphere for everyone!

Thank you to all the caregivers and community members who attended this fun and festive event; your support of Del Oro is appreciated!

With gratitude,

*Michelle Neunz*  
Executive Director

*A very special thank you to our  
Fund Development Committee for  
making this event possible:*

Chris Schoonveld—Aegis Assisted Living  
Amanda Freedman and Lisa Schumann—Carlton Plaza  
Donna Hyatt—Emeritus at Loyalton  
Neal Torres and Casey Simon—Primrose  
Carol Kinsel—Senior Care Solutions  
Christine Klug Grmolys—  
Independent Consultant &  
Senior Care Solutions

#### **BIG KAHUNA SPONSORS**

Carlton Plaza of Sacramento  
Emeritus Senior Living

#### **ALOHA SPONSORS**

Sunrise Senior Living  
Home Instead Senior Care

#### **HULA SPONSOR**

Aegis of Carmichael  
Apex Care  
Best Senior Care  
California Fire Foundation  
Citrus Heights Terrace/  
Courtyard Terrace  
Craig Cares  
Glen Orchard Care Home  
Support for Home  
Tender Loving Care

#### **PALM SPONSORS**

Help at Home  
Indecare  
Med Ready  
Progressive Home Care  
Quail Ridge Senior Living  
The Terraces of Roseville



# The State Budget Is Passed

*Governor cuts Del Oro Caregiver Resource Center by a shocking 72%*



**I**n May 2009 the Governor submitted his budget proposal for the 2009-2010 Fiscal Year and proposed the elimination of the California Caregiver Resource Centers.

Thanks to the swift action and advocacy efforts by our clients, staff and Board Members, the Budget Conference Committee rejected the Governor's proposed elimination and suggested a 33% cut in turn. This action was quickly approved by both sides of the legislature and submitted within the final budget to the Governor. Unfortunately, Governor Arnold Schwarzenegger used his veto pen to cut the entire California Caregiver Resource Center System by 72% this Fiscal Year.

The Governor's action is having a huge impact on our system and delivery of services. Del Oro Caregiver Resource Center

has reduced staff, operating expenses, and direct services to clients in an effort to make up for this \$604,922 shortfall. If you are a client of Del Oro and have questions about remaining services, please contact us. We will continue to explore other sources of private fundraising to supplement our current sources of revenue, and donations are always appreciated. We ask for your patience and understanding as we deal with the realities of this situation.

—Submitted by Michelle Nevins, Executive Director

*The Governor's action is having a huge impact on our system and delivery of services.*

---

## Del Oro Awarded Respite Grant

The **Lincoln Hills Foundation** has given a grant of \$5,000 to Del Oro Caregiver Resource Center for respite services for caregivers to seniors in the Lincoln community. Caregivers must meet financial and age requirements, and the diagnosis of the recipient of care must be within certain parameters. If you are a caregiver or know an un-paid caregiver to seniors who need respite services, please contact Del Oro Caregiver Resource Center at (916) 971-0893 to learn more.



Mark Dentinger, President of the Lincoln Hills Foundation presenting a check to Michelle Nevins, Executive Director of Del Oro Caregiver Resource Center, with Vern Chong, Chairman of the Grant Committee of the Lincoln Hills Foundation.

# Kudos Klub!

## Caregivers share their most helpful tips

### A DOSE OF *Inspiration*

Nothing we achieve in this world is achieved alone. It is always achieved with others teaching us along the way.

LEE J. COHAN

No act of kindness, no matter how small is ever wasted.

AESOP

Challenges are what make life interesting; overcoming them is what makes life meaningful.

JOSHUA J. MARINE

Your current safe boundaries were once unknown frontiers.

ANONYMOUS

A keen sense of humor helps us overlook the unbecoming, understand the unconventional, tolerate the unpleasant, overcome the unexpected and outlast the unbearable.

BILLY GRAHAM

**For caregivers**, it is reassuring to know that we are not alone. Through the caregiving journey, we discover we possess strengths that help preserve our own well-being, as well as serve us well as we care for our loved ones.

In the Spring/Summer issue, we asked caregivers and Pathways readers to respond to the question: What strength did you discover in yourself through caregiving? Here are the terrific responses we received:

**I have more patience** than I ever thought I was capable of. It was always there, but just needed to be developed through caregiving. —Julie Broothowski, *Del Oro client since 2008*

**Caregiving has brought** out both mental and physical strength unknown to me. Mentally, it has prepared me for new challenges I've encountered. I have learned to accept that which I can't change and I try to make each day a better, more pleasant and comfortable one for my friend of over 39 years. When he smiles, he expresses such gratitude, like, "Thanks for taking care of me!" —Johnny M. Martinez, *Del Oro client since 2005*

**Perseverance!** I have found that quitting isn't an option for me when caregiving for my mom. In spite of great difficulties financially and emotionally, I have learned that I need to be creative and persevere in the care of myself so I can give better care to my mom and in the end have a more fulfilling relationship to remember.

—JoAnne Thurlo, *Del Oro Client since 2006*

**Strength** beyond words. —Lou Garlick, *Del Oro client since 2005*

**I found that** I'm enjoying doing the grocery buying and food preparation. My meals are well-balanced and taste good. Actually, my blood test results are better every time because I use olive oil and low-

fat milk and cheese. —Bob Krebs, *Del Oro client since 2007*

**Before having my mom** come to live with me, services for seniors were always on the periphery; like knowing about the local senior center, caregiver workshops, legal services, and getting a break through respite care. Caregiving makes you look outside yourself because you have to address the needs of the person for whom you are caring, but since you are a caregiver, your own needs are changing too. Engaging in community gives you contact with other people and the opportunity to spend time together. Through this process it has also educated me on the medical aspects of aging, and that has been good for me to learn. —Lois Benson, *Del Oro volunteer*

**Patience!** —Yvonne Haskell, *Del Oro client since 2002*

**That I can** keep going and going and going like the Energizer Bunny! —Jim Miller, *Del Oro client since 2004*

**I was getting** sick, very sick, and not feeling well at all. I did not realize the effects that caregiving was having on my body, and my health was being affected. I learned that being a caregiver cannot be done alone no matter how strong you feel you are, or how you have previously handled situations in your life. In reaching out to others and attending Del Oro classes, it has taught me to ask for help and it has given me strength to keep going and to be a better caregiver. —Lynn Rutherford, *Del Oro client since 2006*

**Little at first**, but as time progressed, taking care of my wife inspired me to try harder to understand her condition and understand her wants and needs. I also learned to control my emotions when disputes arrived! —Mel Baker, *Del Oro client since 2007*

**Caregiving is a bigger** role than I ever imagined. It has been a hard road, but I have learned to love and accept the family members who haven't been willing to help. I've decided that I am not giving up. Things aren't what they used to be, but my husband and I have lots of fun. We laugh a lot and when we both can't sleep we can eat cake at 2am if we want to! —Kai Phillips, *Del Oro client since 2006*

We want to hear from you!

Simply respond to the question:

My best "stress busters" are . . .

Please submit responses by **January 15, 2009**, to be featured in our next newsletter. Please send submissions to Taryn Benson, Pathways Editor, DCRC, 5725D Marconi Avenue, Carmichael, CA 95608, or via e-mail to [tbenson@deloro.org](mailto:tbenson@deloro.org).  
**Join the Kudos Klub!**

# I'M NO ANGEL

**N**o, I'm no angel. Nor a saint. I cringe when people tell me I am either of these. I know they are well-meaning and say it with a measure of admiration and I usually respond with a polite, "No, not really." But what I am remembering are all the times I have lost my temper, felt resentful, cried in self-pity, or was unkind to my 86-year-old mother who has dementia.

Mom came to live with me over a year ago when she was no longer able to live on her own. She had a one-bedroom apartment in a seniors-only complex in Davis. She drove to the hairdresser every week, grocery shopped, went to the movies weekly with her best friend, joined the residents at Koffee Klatch every Saturday morning, and played cards almost every evening with the gals in the senior community. In other words, she had a life.

At first, her memory lapses seemed more frequent than in the past, but there were no other obvious signs of things to come. I visited weekly to vacuum and dust, clean out the fridge, take her to lunch, and just visit. She stopped driving when she got lost going to get her hair done, following a route she had taken for years. It scared her, and she willingly sold her car and relied on friends and family to drive her where she needed to go. I stopped by more often from then on and found it increasingly difficult to leave each time as she was very reluctant to see me go.

Yes, there were trips to the doctor to see what, if anything, was wrong, but she always seemed upbeat and "normal"

during these visits, so we blamed her new behavior on old age. Soon, she became agitated much of the time, especially if she was by herself, and the phone calls came hourly during this period. She would beg me to come over even if I had visited that day. She started losing weight because she was never hungry, and we had to coax her to eat anything at all.

I was simultaneously worried sick and exhausted. I tried hiring someone to stay with her during the day, but she would call me constantly, and it became financially prohibitive to have someone come in daily. I researched a dozen local facilities that might be better equipped than I to offer my mother the care she needed, but in the end, I brought her home to live with me.

The choice was clear, but truly, I did not know how difficult it would be. I don't feel I am a very good caregiver. I don't have children and I love my freedom. If I have to listen to one more episode of M\*A\*S\*H on TV, I think I will tear my hair out. I find myself remembering childhood resentments against my Mom and realize I haven't forgiven her for some of them.

But today is a good day. A wonderful friend of ours has taken Mom to lunch and

to the hairdresser. The sun is out, and I have an afternoon of solitude and quiet to do whatever I want. So I guess there are angels and saints; they are my friends and family, and sometimes even strangers, who are there to pick me up and dust me off whenever my halo starts to slip.

*Written by Julie Broothowski, Del Oro Client  
Printed with permission*



# Thank You

## to our generous donors

*In memory of Judy Arnott  
Edward Arnott*

*In memory of  
Theodore C. Bradfield  
Jim & Jane Miller*

*In honor of Robert Boxwell  
Anonymous*

*In memory of  
Norman B. Chezem, Sr.  
Robert & Rita Rivard*

*In memory of Andy De Grassi  
Ann Marie De Grassi*

*In honor of Alyce Mae Fiedler  
Linda Dixon*

*In memory of Dr. Richard Fisher  
Leigh Coop  
Jan & Bob Blasi  
Dr. Denise Bogard  
Peter Feeley  
Dr. Fran Fisher  
Christine Holland  
Sally & Guy Randazzo*

*In memory of Dane Fuller  
Walter Mart*

*In memory of Eileen Helfand  
Leonard Helfand*

*In memory of Michael L. Holop  
Bob Krebs*

*In honor of Mark Hyjek  
Gary & Kay Slutzky*

*In memory of Kenneth Lee Johnson  
Jim & Jane Miller*

*In honor of Ayako Matsushima  
Helen Tsai*

*In memory of Cora Morgan  
Robert Morgan*

*In memory of Maybelle  
"Pete" Morris  
Bob Krebs*

*In memory of Elizabeth Peniston  
Jim & Jane Miller*

*In memory of Fran Peniston  
Bill Peniston*

*In memory of Lionel J. Pierpoint  
Poleda Martin  
Ronald F. Pierpoint*

*In memory of Robert Weir  
Noni Weir*

### INDIVIDUAL DONORS

Jean Alford  
Jacqueline Allen  
Grace Amato  
Kathryn Amundson  
Ruth Baron  
Clark Biggs  
David Black  
Evelyn Blair  
Gordon & Emma Brown  
Marilyn Cram  
Kathy Crockett  
Linda Dixon  
Irene Druker  
David Evans  
Muriel Feely  
Eve Fenstermaker  
Norma Filmore  
Bernie Ford  
Louis Garlick  
Jean Giebel  
Iris Glasper  
Maynard Glass  
Robert Guidera  
Yvonne Haskell  
John & Claudia Hawes  
Ann Marie Heatlie  
Mary Ann Heinen  
Help at Home Senior Care  
Rosalind C. Irvin  
Norma Ito  
Rosemary Johnston  
Sally Jones

Patricia Kaminsky  
Thomas & Mary Ellen Kara  
Myron & Mildred Keeler  
Jay Koenecke  
Manuel Laguna  
Ilse Laudi  
Bob Lee  
Margaret Macdonald  
Frank & Ellen Mahoney  
Johnny Martinez  
Sharryn Mendoza  
Darleen Mian  
Joyce Milam  
Gene & Louise Morava  
Robert Morgan  
Dixie Morley  
David & Peggy Nakamura  
Richard & Mary Osterholt  
Clayton & Clara Perrin  
Joyce Peterson  
Antoniette Placenia  
Cathy Rado  
Betty Reed  
Mel Rodriguez  
Gloria & Joseph Simas  
Liz Stevenson  
Sun City Lincoln Hills  
Alzheimer's/Dementia  
Support Group  
Jeanne Symons  
Robert Tsukamoto  
United Way  
Carolyn Warhus  
Trudy Weed  
Sally Weinland  
Noni Weir  
Tommie Wertenberger  
Robert & Sylvia Winter  
Charles & Veola Woodbury  
Frances Yankauer

*Due to publication deadlines, your memorial or honorarium may not appear in this listing.  
It will be included in the following issue.*



Your contributions help fund critical programs for family caregivers. Donations or memorial gifts of any size are most welcome.

Please accept my tax-deductible donation of \$ \_\_\_\_\_

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

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

Address for Acknowledgement: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

This gift is  in honor of  in memory of

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

*Please make your check payable to Del Oro Caregiver Resource Center and send to:*

*Del Oro Caregiver Resource Center  
5725D Marconi Avenue  
Carmichael, CA 95608*

*Del Oro CRC can now accept donations online, visit us at [www.deloro.org](http://www.deloro.org) to complete your secure transaction*

**For information or assistance, contact Del Oro CRC at (800) 635-0220  
or visit our website at [www.deloro.org](http://www.deloro.org)**

- Yuba
- Yolo
- Sutter
- Sierra
- San Joaquin
- Sacramento
- Placer
- Nevada
- El Dorado
- Colusa
- Calaveras
- Amador
- Alpine

Serving California's Gold Country Counties.

**5725D Marconi Avenue  
Carmichael, CA 95608**

**DEL ORO**  
CAREGIVER RESOURCE CENTER



Non-Profit  
Organization  
U.S. Postage  
PAID  
Sacramento, CA  
Permit No. 398