



# The Caring Neighbor

A Newsletter from the Caring Neighborhoods Program  
City of Sacramento Department of Parks and Recreation

*August/September 2002*



## **SUPER VOLUNTEER**

**Christina Cordova** and **Pablo Ganes** are dynamite neighbors from the Lawrence Park neighborhood in South Sacramento. Through their heartfelt support and extraordinary willingness to help an elderly neighbor and her son, they are making a world of difference in the lives of one neighborhood family!

Christina and Pablo are neighbors of Mrs. K. and her son, Gene. After suffering a debilitating stroke, Mrs. K. lost her ability to walk, became extremely vulnerable to falling injuries, and required constant care. Gene became her full-time caregiver, in addition to working and being active in the community, so that Mrs. K. could remain living in her own home. Acting as Caring Neighbors, Christina and Pablo pitched in and continue to be a tremendous support for Mrs. K. and Gene.

Christina and Pablo have been a lifesaver for Gene, checking regularly to see if there is anything they can do to help and visiting with Mrs. K. while Gene runs errands or goes to work. After working long days out of town, Christina reads to Mrs. K., picks up needed items from the store, prepares some meals, and acts in many other kind ways. Mrs. K.'s frailties prevent Gene from taking her outside alone, so Pablo assists with physical therapy exercises, and transporting her to doctor appointments, on short trips around town, and outside for a breath of fresh air. Their support to Gene allows Mrs. K. to stay out and about in spite of her difficulties.

## **SPOTLIGHT**



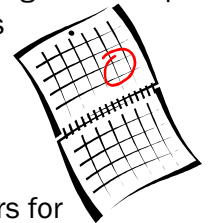
## **FALL PROGRAMS FOR CAREGIVERS**

Are you a caregiver for a seriously ill spouse, parent or friend? If not, the odds are that you will become one. In the US, more than 22 million households care for family or friends. Nearly two thirds of these caregivers also are working full or part time. How will you manage when you become a family caregiver? Upcoming programs are designed to help you learn more about caregiving issues and resources.

### **KVIE special: And Thou Shalt Honor**

October 9

Award-winning producers and caregivers for their parents, highlight the needs of caregivers and care recipients and discuss possible solutions.



### **Sacramento Public Library Forum**

#### **And Thou Shalt Honor: Sacramento's Experience**

A complementary educational series for the Greater Sacramento Area, sponsored by the Compassionate Care Alliance.

**October 16:** A panel of family members caring for loved ones will share their experiences and respond to questions from the audience.

**October 23:** Discussion panel by area experts regarding available resources for caregivers.

### **Arden Dimmick Library, 890 Watt Avenue**

October 16 and 23, 7-9 p.m. To reserve your space, call 264-2752 after October 1.

### **Maidu Community Center Series, Roseville**

October 15, 17, and 24 – Call 774-5960 for info.

**ARE YOU** assisting your elderly neighbors in your Caring Neighborhood? Do you know of a SUPER VOLUNTEER who deserves to be recognized? We would love to hear about your efforts! Please contact Tracey Gray at 277-6009 or via e-mail at [tgray@cityofsacramento.org](mailto:tgray@cityofsacramento.org) and let us know how you are making a difference in your neighborhood!

**TRIPLE R, Respite, Recreation, and Resources**, is a day care program for older adults with memory loss and/or frailty, offering respite and support to caregivers. Sponsored by the City of Sacramento, this heartwarming program has helped family members care for their loved ones at home since 1992.

Caregivers have a tremendous responsibility in caring for a loved one, especially when working full-time and maintaining a household. Triple R provides caregivers with a chance to go to work, run errands, or have free time with the comfort of knowing that their loved one is safe and well taken care of. Monthly support groups provide a chance for caregivers to get together and share experiences and information about caregiving.

Meanwhile, Triple R participants spend quality time in a safe and friendly environment, where expert assistance with memory loss focuses on strengths rather than difficulties. Activities keep bodies and minds active as participants enjoy outdoor walks, balloon volleyball, nutritious snacks and meals, sing-alongs, group discussions, craft and gardening projects, and a whole lot more!

In addition, Triple R serves as an educational resource to the community. Neighbors can attend workshops and access a library of books, videos, and pamphlets in regard to caregiving, dementia, and aging topics. Triple R welcomes volunteers who play an important role in providing quality service to participants.

*For more information, please contact:*

**Midtown Center** 264-8375  
**Greenhaven Center** 433-4003  
**Riverside Center** 433-4003



### **HOW YOU CAN ASSIST YOUR ELDERLY NEIGHBORS IN SEPTEMBER:**

- Spend an afternoon visiting with a caregiver and a dependent senior in your neighborhood.
- Share information with a neighborhood caregiver about support groups and respite care programs. (Call 277-6009 for more information)
- Invite a senior neighbor to your home for dinner.
- Spread the word about Sacramento Seniors, Scams, and Fraud with neighborhood elderly, and share with them tips on how to protect themselves. (Call 277-6009 for more information)

**FIRST RESPONDER, Inc.** is making a difference in the lives of dementia patients and their families in Sacramento County neighborhoods. A provider of non-urgent emergency services and non-emergency patient transport, this exceptional organization specializes in dementia management to assist older adults with memory loss in acquiring appropriate medical care.



Through alliances with agencies, such as Adult Protective Services, the Geriatric Network, and local law enforcement, First Responder has contributed to an overall decline in Geriatric mental cases. Oftentimes, a disoriented and confused dementia patient is mistaken for mental instability and sent to the County Psychiatric facility. Due to staff compassion and community advocacy, such cases are being referred to First Responder.

This program was developed by Deborah Poff, Director of the National Memory Impairment Institute, who provides ongoing staff training and direction. Innovative programs educate agencies about memory loss and proper treatment of dementia patients in various situations. Staff members assist patients during medical visits, as maintaining open communication with doctors is key to compliance with routine medical appointments. Upcoming programs include the use of Beanie Babies, donated by employees and businesses, to assist with redirection and communication in dementia-related emergencies.

A contracted provider for major hospitals and various health care facilities, First Responder provides a variety of services and accepts all insurance. For more information, contact 381-3780. To request service 24 hours a day, contact 444-1944 or (887) 385-4357. Thank you, First Responder for your dedication in helping the elderly in our community!

### **Caring Neighborhoods Program**

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*"Make **your** neighborhood a **better** place to live!"*